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Thursday, January 8, 2015

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Arsenal fan
Billy picked
as mascot

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Anger over
handling of
M11 crash

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Club names
kitchen after
popular Kitty

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THE PRESSURE'S ON AT CRISIS-HIT HOSPITAL



- **A&E waiting time targets** being consistently missed
- **416 people** faced four-hour delay to be admitted
- **MP wants urgent meeting** with PAH chief executive
- **Health Secretary Jeremy Hunt** agrees to visit town
- **A&E department treating** only life-threatening cases
- **Hospital bosses blaming** 'unprecedented demand'



FULL STORY: PAGE 3

YOUR SAY: Share your experiences with other readers at harlowstar.co.uk

Robert Halfon MP
Working Hard for Harlow



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Labour of love
for call handler
who helped dad
deliver his baby

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Chief Constable
praises officer's
dedication after
49 years' service



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Serious multi-vehicle
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southbound at Harlow

Woman seriously injured
in crash which closed
M11 for more than six
hours

Up to 20 caravans from
former Passmores School
site leave Harlow

Harlow man filmed selling
drugs is jailed

Harlow man charged with
cannabis possession

Latest online

Essex Police make a total
of 175 arrests in Christmas
crackdown on drink-drivers

Highways Agency defends
its handling of aftermath
of crash which closed M11

Woman's shock after she
finds cereal 'killer' scuttling
across her kitchen floor

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'I was terrified . . . I thought I only had weeks to live'

Fitness instructor's battle with breast cancer

Vicky Knill

star@hertsessexnews.co.uk

A FITNESS instructor who believes being in shape helped her battle breast cancer is encouraging others to keep their bodies healthy.

The first time Debbie Cook, of Ryecroft, Harlow, suspected something was wrong was when she started experiencing pain in her left breast.

She booked an appointment with her GP and although nothing was found she was referred for a mammogram.

It was only then that tests revealed two small lumps, not on the left side but on the right.

"It was pure fluke that it was found," said Debbie, 50. "They only did the mammogram to put my mind at rest. I nearly didn't go as the pain had nearly gone."

"I agreed to two biopsies being done there and then. It was surreal; I was more concerned with my car park ticket expiring."

The results of the biopsies confirmed her worst fears that she had breast cancer.

"I was terrified," said Debbie. "It wasn't in my family. My only experience of breast cancer was a lady who died seven weeks after diagnosis. I thought I had only weeks to live."

The news was also upsetting for Debbie's husband Pete, 47 and teenage daughter Katie.

"We didn't want to tell Katie until we got the results back," said Debbie. "I was thinking I wanted to see her graduate. I wanted to walk her down the aisle and look after my grandkids."

In March last year she was admitted to Broomfield Hospital in Chelmsford where she underwent a mastectomy, a tummy tuck to make a reconstruction and a left reduction.

"It's amazing what they can do," she



SURVIVOR: Debbie Cook believes her fitness helped her in her battle against cancer

said. "I was so scared what I was going to look like. I thought I would look like I had been butchered but I didn't."

The following month she was given the all-clear: "I cannot describe the relief," she said. "To think I nearly didn't go for the mammogram and that, thankfully, both sides were done. I felt like the happiest, luckiest person in the world."

Debbie, who runs The Slim, Fit Look, believes it was her fitness that aided her recovery, helping her regain move-

ment quicker.

"I used to say to people don't worry about the fitness. Now when people come to class I say 'You do have to keep fit. You don't know when you might need it.'

Her message to women is clear; if you have a pain, go to the doctor.

"Your body shouldn't hurt you and if you keep it fit and eat well it will help you."

■ **Sign up today for Harlow's Race For Life** - see page 5

Time running out to apply for a primary school place

PARENTS and carers of children due to start primary school in September have until next week to apply for a place.

Applications for children born during the period from September 1, 2010 and August 31, 2011 must be submitted to Essex County Council by Thursday (January 15) for a place for the September intake.

All children of reception age are entitled to start school in the September following their fourth birthday.

Essex county councillor Ray Gooding, cabinet member with responsibility for education and lifelong learning, said: "Applying for the right primary school for your child is an important decision and I would urge parents to use the tools available on our website to ensure they make an informed application."

"Due to increasing pressure on primary school places, schools can become oversubscribed so it is important for parents to carefully consider admissions criteria and give themselves maximum opportunity to be considered for a school they want by using up all their preferences."

He added: "It is vital to apply on time. We recommend that parents use all their preferences and list their local school as one of their preferences."

"Parents should also carefully consider the admissions criteria of each school for which they wish to apply."

Applications can be made on the county council's website at www.essex.gov.uk/admissions. The site also offers facilities to search for school information, read Ofsted reports, check admissions criteria and catchment areas.

BREAKING NEWS ON OUR WEBSITE

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harlowstar.co.uk

175 arrests in blitz on motorists at Christmas

POLICE arrested 175 drivers during the Christmas and new year blitz on drinking and driving on the roads of Essex.

The force operated a zero-tolerance approach as officers were out in force across the county between December 1 and January 1.

A total of 2,429 drivers were stopped and breathalysed. Of those, 143 were found to be driving over the legal alcohol limit or refused or failed to provide a sample.

Most of those arrested were under the age of 25.

A further 32 drivers were arrested in connection with drug-driving legislation.

The total number of arrests was higher than in 2013, when 124 drivers were arrested for driving over the limit or refusing or failing to give a sample of breath.

Adam Pipe, casualty reduction manager for Essex Police, said: "It is always frustrating to see that, despite knowing the consequences, some drivers still consider themselves to be above the law by getting behind the wheel having knowingly consumed too much alcohol.

Targeted

"This year we breathalysed fewer drivers and arrested more on suspicion of drink-driving. While this appears disappointing on first sight, it can be explained by a more targeted approach taken during this year's campaign.

"We were able to target our patrols more specifically to areas where intelligence told us people were drink-driving. We were also able to act on information received from members of the public about people who regularly get behind the wheel under the influence of alcohol."

He added: "Our Christmas anti-drink drive campaign may have come to an end, but Essex Police take a robust approach to drink-drivers, 365 days a year. Drink-driving isn't just about Christmas, it ruins lives all year.

"Perpetual drink drivers will choose to drink and drive any day of the year so I want to ask for support from the public to help take them off the roads."

Hospital fails to hit A&E waiting target

'Unprecedented volume of patients' treated

Gemma Gardner

gemma.gardner@hertsessexnews.co.uk

PRINCESS Alexandra Hospital missed its four-hour A&E waiting time target with its performance dropping well below the national average, according to figures released this week.

From the three-month period from October to December, only 77.6 per cent of patients were seen within four hours - the target is 95 per cent.

The figures, released by Public Health England on Tuesday, show 416 people had to wait for more than four hours before being admitted to the Harlow hospital.

During the past week the hospital has issued a stay-away warning to people with non-emergency cases as the A&E department struggled to cope with "unprecedented" levels of demand.

Harlow MP Robert Halfon said he was seeking an urgent meeting with the hospital's chief executive, Phil Morley, to discuss the situation.

Praise

Speaking in the House of Commons yesterday (Wednesday), Mr Halfon invited Health Secretary Jeremy Hunt to visit the town. Mr Hunt agreed and praised Mr Halfon for supporting his local NHS.

Mr Halfon told the Star: "I believe the hospital has outstanding staff - doctors, nurses and auxiliary staff - who are second to none, have a commitment and passion for the NHS and for patients in Harlow. These figures are no reflection on them, but of long-standing problems with the hospital that have existed over the past few years.

"Nationally, there are now 5,000 more nurses and 8,000 more doctors than there were in 2010. Clearly more needs to be done, but I am confident that with the support of the Government, the plans of the new chief executive and the dedication of the staff, the hospital will provide the right service."

But Suzy Stride, Labour parliamentary candidate for Harlow, said it was clear A&E services were under real pressure, with NHS staff dealing with increasing demand.

She added: "The decision to only see emergency cases at the hospital, coupled with the publication of national figures showing the worst waiting times for A&E in a decade, demonstrate the



MISSSED TARGET: The Princess Alexandra Hospital in Harlow

effect the Government is having on our NHS."

A spokeswoman for the Princess Alexandra Hospital Trust said: "We are continuing to treat an unprecedented volume of acute patients in our emergency department.

"It is not appropriate to attend the emergency department with common winter illnesses such as chest infections, vomiting or diarrhoea. Instead, visit your pharmacist or call 111.

"They can direct you to the right service or seek an urgent appointment from your GP. If your family doctor

believes you need to be seen at the hospital, then a direct referral will be arranged by them."

Earlier this week Mr Hunt admitted meeting the A&E standard was proving tough.

He said: "Targets matter but not at any cost. The priority is to treat people with dignity and respect."

Shadow Health Secretary Andy Burnham said patients were being exposed to "unacceptable levels of risk", adding: "This crisis in A&E has its roots in the Government's cuts to social care and GP access."

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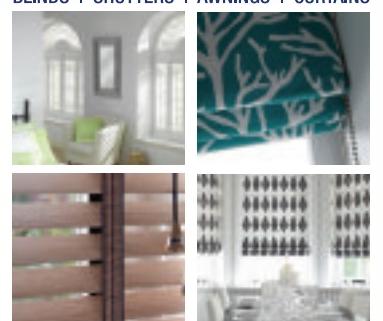
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MP ignoring crisis in NHS

SIR, I was surprised to read in the Star that our local MP Robert Halfon would like a twin for Christmas after he missed a vote in Parliament on the NHS (*Letters*, December 11).

When it comes to policy he seems to be doing a good job pretending to Harlow residents he is in one place while actually being somewhere completely different.

He complains about potholes yet votes for cuts to council budgets. He complains about the law on Travellers yet he's a member of the Government which makes the law.

Then there's the NHS. He says he is supporting our local NHS here in Harlow but his government has presided over a real-term cut in NHS spending, despite promising to protect real-term spending. He voted for a £3bn reorganisation of the NHS despite standing for election on a promise of doing exactly the opposite.

More than 4,000 NHS workers have been laid off under the Tories' watch.

Mr Halfon speaks about the NHS record of Labour in government but neglects to say that under Labour we raised NHS spending to the European average and above. We built hospitals and brought down waiting lists from 18 months to a maximum of 18 weeks. Now waiting times are going up and it is patients who are suffering.

However much he tries to deny it, the experience of local people is that they are waiting far longer for a GP, having mixed experiences of social care services and waiting longer for accident and emergency services. When we surveyed residents over the summer that's what they told me and that's what people tell me every week when I'm out on the doorstep.

I'm glad the Tories are following our lead with a survey but I'm afraid it's too little too late. How dare they write a letter to your newspaper demanding everyone pat them on the back for what they have done to our health service.

I don't know about a twin but we could certainly do with an MP who isn't in denial over the

READER PHOTO OF THE WEEK



■ **THIS photo of a fox was sent in by Victoria Witcomb, of Stackfield, Harlow. "I took it by the cycle track at Templefields," she writes. "A little bit of Harlow beauty..."**

■ **If you have taken a photo which you would like to be featured in our Photo of the Week section, email a high res copy – along with a description of your photo and details of where and when it was taken – to star@hertsessexnews.co.uk Please include your name and address and insert 'Photo of the Week' in the subject line.**

crisis in our local NHS.

It's too late for Christmas presents but how about as a resolution for the new year Mr Halfon drops the spin and gets serious about protecting and improving our NHS in Harlow.

Suzy Stride, Labour parliamentary candidate for Harlow

Slippery slope to intolerance

SIR, Perhaps 2015 should be a year of generosity when we work toward the well-being of all who live in Harlow and our country and vote for those who will facilitate this, and where we give thanks that we have a police force who are doing their best in difficult conditions to serve all the people of Essex.

The Travellers were denied permission to rent portable toilets and pay for skips. Presumably the powers that be are afraid they will never go if we allow them such luxuries as toilets.

Have we not learned our lesson? As soon as we start suggesting that any group of people in our community is less than human we are on the slippery slope that Germany found itself on 100 years ago. Travellers, the disabled, those

on benefits – how long before you or I are found to be a drain upon society and cast out of the community?

We all saw the vast number of poppies at the Tower of London representing all those who gave their lives for our freedom. Let us work together to ensure that what they died for is preserved.

N. Taylor
Deer Park, Harlow

Dump rubbish on their land

SIR, And so it goes on... human waste in public areas, noise and, in broad daylight, a fire producing thick grey smoke across the sky from the old Passmore School encampment.

I heard recently that these Travellers own land in Epping but planning permission has not been granted for them to use that land. Well I never. So they move off of that land and trespass elsewhere.

Does anyone happen to know where this land is because I would like to suggest that we all take our rubbish and human excrement and dump it on their land. If you can't beat them, join them.

C. Green
Harlow (full address supplied)

Bag theft had happy ending

SIR, On December 22 my mum had her bag stolen after popping into the British Heart Foundation shop in the town centre.

She was devastated as it had a fair amount of money inside as well as her glasses, phone, purse and sentimental things such as photos that could not be replaced.

She reported the theft to the police but didn't hold out any hope. As a family we all called her mobile, leaving texts and voicemails.

Later in the evening my mobile rang and a man was on the phone saying he had the bag. We couldn't believe it. It turned out to be a lovely gentleman called Kofi (apologies if that is spelt wrong) and he works for the company which cleans around the bus terminal. He found the bag stuffed behind a bin in the ladies' toilet in the bus terminal.

He took the time to call and arrange for mum to be reunited with her belongings.

I just wanted the people of Harlow to know what an honest gentleman we have working in our town and to say a massive

thanks to him for doing that for her. He has restored our faith in people.

And to the person who took the bag, I hope you needed the money more than mum. Remember, karma is great and it will get you when you least expect it.

Tracey Montalbano
Harlow (full address supplied)

Concern was heartwarming

SIR, Please could I, through your letters page, convey my thanks to some very kind people who came to my assistance when I was involved in a road collision near the Esso garage in Harlow on the evening of Friday, December 19.

There were lots of lovely people who checked that myself and the other driver involved were okay. A gentleman telephoned the police and a young lady and a gentleman offered their details as witnesses to the incident.

In a world where we hear of so many awful things being done to people by their fellow man, it was heartwarming to witness such true kindness and concern.

Chris Durcan
Rundells, Harlow

Thief struck during funeral

SIR, I am writing to say how disgusted I am that while my daughters and their aunt attended the funeral of their grandad at Parndon Wood Crematorium, someone broke into their car and stole three handbags.

My daughter not only lost her phone but pictures of her son and his great granddad. These pictures cannot be replaced.

I realise the scum who carried out this vile deed is not the sort who reads – nor has the ability to do so – but someone out there is the parent of this lowlife.

Apparently when police attended they said there had been at least three such robberies lately. Why do they not patrol the crematorium car park if this is a regular thing?

M. Brown
Harlow (full address supplied)

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ROBERT HALFON MP - WORKING HARD FOR HARLOW

TEN ACHIEVEMENTS SO FAR...

- 1) Fuel Duty cut and frozen
- 2) Stood up against energy companies ripping off residents
- 3) Free school meals for disadvantaged students at Harlow College
- 4) Made Foodbank vouchers available at local Job Centres
- 5) Multi-million pound Harlow Enterprise Zone for local business
- 6) £10m of Government funding for a University Technical College
- 7) 106% increase in Harlow apprenticeships
- 8) Harlow unemployment down by 50%
- 9) Successfully campaigned for NHS car parking concessions
- 10) Helped save Harlow's Lollipop men and women



"Halfon is a man who has consistently fought for the concerns of hard working Brits..."

Keep calm! Praise for call handler who helped dad deliver baby

A YOUNG ambulance service call handler who gave vital instructions and reassurance to a father-to-be when his wife gave birth during an unplanned delivery at their home in Harlow has been praised for staying calm under pressure.

Jordan Clarke-Rivers, 19, who had only started her job with the East of England Ambulance Service six weeks earlier, was manning the phones in the early hours of the morning when she answered a call from Ahmed Mohamed, who told her his wife Lisa was in the final stages of labour.

After dispatching an ambulance to their home in Altham Grove, Jordan took control of the situation and told Mr Mohamed what he needed to do.

"I don't think I was going to make it without her," he said. "She was really helpful."

"The baby had the cord around his head and she warned me this could be happening and she told me to be careful."

"She stayed with me on the line until after the baby started crying. She told me to put the



HAPPY FAMILY: Ahmed and Lisa with daughters Maya and Aaliyah and baby son Zayne. Right, EEAST call handler Jordan Clarke-Rivers



baby on Lisa's chest and then the ambulance crew knocked. They came upstairs and the baby was fine. It happened really fast."

The couple, who have named their new baby son Zayne, praised Jordan for her invaluable help.

Jordan said: "We have had lots of guidance on what to do in these situations so I felt prepared. I'm proud of myself."

Duty officer Nikki Young said: "Jordan gave full birth instructions and did absolutely fantastically. I'm very proud of how she handled it; it was an example of how a call handler should work."

Incredibly, a few days later Jordan was called on to help another father in the same situation as Mr Mohamed. Ben Saunders, a gas engineer from Basildon, rang for an ambulance after his partner unexpectedly entered the final stages of labour.

"We didn't realise it was that close," he said. "Jordan said where to hold the baby and where to push. It was all over in about three minutes."

"I was in a blind panic but Jordan was really good. She guided us through all we needed to know and the baby came out perfect."

Protestors calling for change in law

Demand for action on illegal Traveller sites

Gemma Gardner

gemma.gardner@hertsessexnews.co.uk

A CAMPAIGN group is calling for a change in the law to help rid Harlow of illegal Traveller encampments.

The residents say they are fed up with the number of encampments and the failure of both Harlow Council and Essex Police to put an end to the situation.

Spearheading the campaign is Mitch Mitchell, who has lived in Harlow since the 1960s.

He said: "Harlow used to be a town people were proud to live in. We have a nice town centre which has improved over the years but now it's going backwards."

The group, which has been set up on social media site Facebook, asks residents to share their views, lobby the council and organise peaceful protests.

Mitch added: "It needed someone to say 'I'm not having this anymore'. Someone had to stand up and be counted. Harlow Council does not care and Essex Police do not care."

"We don't want illegal Travellers here making a mess and spoiling our green spaces. We have two permanent sites and those Travellers have become members of the community."

"These illegal Travellers are giving them a bad name. It's not fair."

He added: "This group is for people of any political view and it's about getting illegal Travellers out of our town."

The group has organised a meeting for residents to air their views and discuss how to move forward.

The meeting will be held next Thursday (January 15). Details about where it will take place will be posted on the 'Keep Travellers out of Our Town' page on Facebook.

Mr Mitchell said: "This is about the illegal Travellers, not about those that live here. We're fed up of the cat and mouse game the council is playing. It has to stop."

Meanwhile, about 20 caravans from illegal encampments left the

town on Monday. It is believed they were heading for other areas of the country and the continent.

The group of three families were previously on Essex County Council-owned land at the former Passmores School.

There are still seven caravans on Essex County Council-owned land at Coldharbour Road and five caravans in the car park of Passmores House on Third Avenue.

Harlow Council has an active Possession of Land Order for Passmores House and bailiffs have been notified.

A council spokesman said it was important that incidents of anti-social behaviour including fly-tipping were reported so they can be investigated and appropriate action taken.

Reporting issues and incidents can also help support any legal action the council takes.

■ For information about unauthorised encampments on Essex County Council land, call 0845 603 7624

Race is on for cancer charity fundraiser

ORGANISERS of this year's Race for Life events in Harlow and Epping are being urged to start the new year by signing up.

The Cancer Research UK fundraiser takes place in Harlow Town Park on Sunday, May 17 and at North Weald Airfield on Wednesday, July 15. There will be 5k and 10k courses at both.

Last year, 3,402 women took part in the Harlow and Epping races, raising almost a quarter of a million pounds for the charity. This year the organisers have set a target of 4,040 participants and a fundraising total of £284,848.

Courtney Culverhouse, event manager for Harlow, said: "We're urging women of all ages, shapes and sizes to take on Race for Life and sign up now."

"Race for Life is non-competitive. It's not about being fit or fast. Most women are able to walk 5k in

an hour while chatting and having fun, or they can choose to jog, run or even dance around the course if they prefer."

Every hour more than three people are diagnosed with cancer in the East of England.

Money raised through Race for Life allows Cancer Research UK's doctors, nurses and scientists to advance research which is helping to save the lives of men, women and children across Essex.

"Race for Life is to celebrate those who are with us and also remember those who are not," said Courtney. "The atmosphere is electric, our participants are so inspiring and we're calling on the women of Harlow and Epping to help make 2015 our best year yet."

■ To enter Race for Life, go to raceforlife.org or call 0300 123 0770.

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Produced by WECCG, November 2014

Final meeting a sad day for war veterans' group

Dwindling numbers blamed for closure of NVA

Bianca Castro

star@hertssexnews.co.uk

in November there were only about 10 active members.

Margaret Akers, whose husband Charles was one of the first members of the group, said: "It is very sad but it's just one of those things. Everyone is in their 80s and 90s now and we do not have the people to run it."

"It was a really fantastic group and the memories will stay with all of us."

The NVA was originally organised by Grimsby resident Arthur Floodman, who put a small story in his local paper inviting local veterans of the Normandy campaign to attend a meeting.

Four years later, in 1985, the group became a national association and by the mid 1990s it had more than 100 branches across Britain as well as overseas in Australia, New Zealand, Canada, Belgium and France.

The NVA's final service as a national association was held in Westminster Abbey. It was attended by Lord Astor of Hever and the Government's Armed Forces minister Mark Francois.

"It was a lovely crowd and we really did have some good times together."

"We did lots of things as a group but it wasn't quite the same in recent years because our numbers

diminished."

Fellow veteran and standard bearer George Eaton, 85, added:

"We all belong to other groups as well so we will still see each other. We just won't be together under the Normandy Veterans Association umbrella."

"It was brilliant to have been chosen to be the mascot and to walk the team out onto the pitch, especially for an FA Cup match," said Billy. "I got to meet loads of players, it was really exciting!"

His dad, Colin, added: "It was an incredible day. I don't think he realised the full extent of it until he was there. He didn't want it to end and he hasn't stopped talking about it since."

Sanchez said: "It was great to meet Billy. He was really excited and such a passionate young supporter; it was good to see."



DAY TO REMEMBER:
Billy Michael with Arsenal captain Per Mertesacker, the match officials and Hull City captain Curtis Davies and mascot

Arsenal fan Billy is FA Cup tie mascot



IT was a dream come true for a young Arsenal supporter from Harlow when he led the team on to the Emirates pitch for Sunday's FA Cup clash with Hull City.

Longwood Primary pupil Billy Michael, 11, who is a member of the Junior Gunners, was chosen as the official mascot for the televised game.

Billy, of Gibbs Croft, met the players – including his favourite Alexis Sanchez, pictured left – when they arrived at the ground on the team bus. He was then given a tour of the stadium and was taken into the players' lounge.

After being interviewed on the big screen, he walked out on to the pitch

with Arsenal captain Per Mertesacker, who scored in the Gunners' 2-0 victory.

"It was brilliant to have been chosen to be the mascot and to walk the team out onto the pitch, especially for an FA Cup match," said Billy. "I got to meet loads of players, it was really exciting!"

His dad, Colin, added: "It was an incredible day. I don't think he realised the full extent of it until he was there. He didn't want it to end and he hasn't stopped talking about it since."

Sanchez said: "It was great to meet Billy. He was really excited and such a passionate young supporter; it was good to see."

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Man punched and threatened with a knife in Town Park

THREE robbers who attacked a man in Harlow Town Park and threatened him with a knife are being hunted by police.

The 21-year-old victim was approached by the three men in School Lane. They punched him in the stomach and threatened him with a knife before stealing £25 in cash and his black Apple iPhone 5.

The robbery took place at 8pm on Friday.

The trio had covered their faces to prevent the victim from giving police descriptions but he said they appeared to be in their 20s. One was very tall, the second stocky and the third thin.

Anyone with information about the robbery should call PC Leo Fordham at Harlow Police Station on 101.

Labour hopeful Suzy named 'one to watch'

THE general election fortunes of Harlow Labour candidate Suzy Stride have been given a boost after she was named one of six political women to watch out for in 2015.

Writing in her blog on *The Telegraph* website, journalist and Channel 4 newsreader Cathy Newman described Ms Stride as the "little-known" parliamentary hopeful for Harlow who is "cockney and proud of it".

"Stride is hoping to displace Robert Halton as MP for Harlow. That's a tall order as he's very popular locally and has enjoyed a high profile in Westminster but if anyone can do it Stride can," she wrote.

Also on the list were Home Secretary Theresa May, Conservative MP Penny Mordaunt and vice-chair of Labour's election campaign Lucy Powell.



Anger after another crash closes M11 for six hours

Star Reporters

star@hertsessexnews.co.uk

THE Highways Agency has defended its handling of the aftermath of a five-car crash on the M11 which closed a stretch of the motorway at Harlow for more than six hours and left motorists trapped in their cars for over four hours in the resulting tailbacks.

Six people were injured in the five-car pile-up which happened in heavy rain on the southbound carriageway of the motorway shortly before 1pm on Saturday.

According to police accident investigators, it occurred in slow-moving traffic on

the approach to the slip road at junction 6.

After an initial collision involving a Nissan Micra and a Skoda Octavia, a Volkswagen Passat then collided with a Ford Mondeo and a Ford Fusion.

Three people who suffered serious injuries were taken to two London hospitals while three others were treated at Princess Alexandra Hospital in Harlow.

Firefighters had to use special cutting equipment to free two of the injured from the wreckage of their vehicles.

One motorist caught up in the congestion said a dog was killed in the accident. Nadia de Carvalho tweeted: "There was a dog too, flew out of the window, dead

on the motorway. Horrible."

There were also reports of some motorists using the hard shoulder in both directions while people were seen walking back towards junction seven.

Diversions were put in place but some motorists caught up in the congestion took to social media networks to criticise the handling of the aftermath.

This week a spokesman for the Highways Agency said: "Drivers were directed to use the hard shoulder past the scene just before the road reopened. Before that, our traffic officers cleared traffic stuck behind the incident, turning drivers around and directing them up the motorway to exit at junction 7."

junction 7."

Answering criticism that vehicles were allowed to join the southbound carriageway at junction 8 and then diverted off at junction 7, she said: "Unnecessarily closing the motorway a junction further away would have caused extra congestion, especially on local roads."

"The diversion routes we use are pre-planned and agreed with local authorities and the emergency services. We are confident that we made the best decision in the circumstances."

Officers at the Chigwell road policing unit are appealing for witnesses to the accident to contact them on 101.

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Starting out the New Year with special arrivals

Families celebrate arrival of baby boys

Gemma Gardner

gemma.gardner@hertessexnews.co.uk

THE festive period will always be extra special for the parents of two baby boys who were born at Princess Alexandra Hospital.

Cavell Brefo-Anun, who arrived a few days after his due date, was born at 1.26pm on Christmas Day, weighing in at 10lb 3oz.

For mum Nane Brefo, his appearance on December 25 was just what she had been hoping for.

The 39-year-old, who lives at Bush Fair, said: "I really wanted a Christmas baby so it was extra special. He was due on December 29 so I'm glad he came early."

Baby Cavell is doing well at home with his mother and brothers Glyn, 20, and Lavell, four.

Celebration

For another Harlow family, the New Year will be cause for a double celebration in years to come.

Proud parents Deirdre and Daragh Brady welcomed a new addition to their family when baby Cormac was born at PAH during the afternoon of New Year's Day.

Cormac entered the world at 1.35pm, tipping the scales at 8lb 6oz and three days after his due date of December 28.

"We're back and everyone is doing really well," said mum Deirdre.

The couple, who also have a three-year son called Jack, said that things are a bit easier second time around.

"We're certainly more relaxed and confident this time," said Deirdre.

She was soon cuddling her newborn son at their home in Church Langley while Jack wasted no time in getting to know his new baby brother.



NAPPY BIRTHDAY: Above, Nane Brefo with Cavell and, below, Deirdre Brady with Cormac



More police officers equipped with body cameras to record anti-social behaviour

MORE frontline police officers in Essex have been issued with the latest high definition body cameras following the success of a pilot scheme which resulted in more people being charged with offences.

The trial using 70 older cameras was also credited with a rise in the number of early guilty pleas.

Almost 400 of the new devices have now been issued to uniformed officers and will be used in incidents of domestic abuse, anti-social behaviour and disorder.

All the officers have received training in using the cameras. They will make the decision when

to start and stop recording but if they decide not to use the camera they may have to justify their decision in any court proceedings.

Chief Constable Stephen Kavanagh said: "The results of that study were very encouraging and the capabilities of the new cameras, which are lighter and more portable, mean that I expect them to have a positive impact."

"I am committed to using advances in technology to make the jobs of my officers easier to improve crime detection and relieve the pressure on victims and witnesses around giving evidence."

The state-of-the-art cameras

will be used to help officers capture evidence from the scene of an incident and can record high-definition footage, including in infra-red to give clear footage in reduced light and darkness. They also take still images and record sound.

Superintendent Trevor Roe, who is in charge of the project, said: "I am very hopeful that we will see a reduction in offending behaviour and better all-round safety for members of the public and officers."

The money for the cameras, which cost £500 each, has come from a successful joint bid with Kent Police for funding from the Home Office.

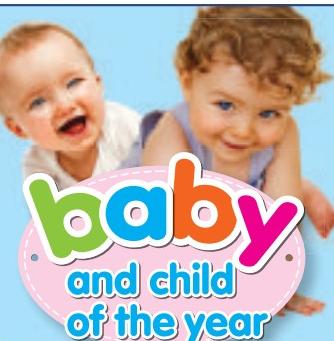
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1st



TOP PRIORITY: The disused Odeon cinema building in West Gate is the building most Star readers would like to see rejuvenated

Old cinema tops our wasted building poll

Former Odeon is the site you most want reused

Gemma Gardner

gemma.gardner@hertsessexnews.co.uk

Readers' poll results

Odeon cinema

146 votes

38.3 per cent

YWCA

79 votes

20.7 per cent

Harlow Advice Centre

67 votes

17.5 per cent

Kingsmoor House

53 votes

13.9 per cent

Churchgate Hotel

26 votes

6.8 per cent

Other

10 votes

2.6 per cent

Other sites suggested:

Former Passmores School site
Maypole Club
St Andrew's Church
Hummingbird

has been targeted by intruders searching for scrap metal.

Last year, planning permission to convert the historic building into nine retirement properties expired.

Jigsaw Retirement Solutions, who bought the site from Harlow Council in 2012, told the Star they would instruct their architects to reapply for planning permission, but so far no new application has received by the authority.

A spokesman for Harlow Council said the authority was speaking with landowners about each site, adding that the council-owned Harlow Advice Centre would reopen.

Refurbishment

He said: "Regarding the Advice Centre we are reviewing options for the building and it will need some internal refurbishment before being relet."

"We have received no new planning applications for Kingsmoor House and no planning applications for the old Odeon Cinema."

Both the YWCA and Kingsmoor House are earmarked for housing in the council's local plan.

Plans were approved last month for hoardings to be put up at the Churchgate Hotel while the new owners prepared a planning application for the site.

4th

2nd



TOWERING PRESENCE: The YWCA building in Fourth Avenue

3rd



RELET: Harlow Advice Centre

EYESORE: Kingsmoor House

5th



HISTORIC BUILDING: The Churchgate Hotel

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Chief Constable praises retiring officer's 49 years of 'selfless' service



RETRITING: Tony Ellis

A CRIME prevention officer who has retired after 49 years of service with Essex Police has been praised for his devotion to duty by the Chief Constable.

Tony Ellis, who joined the force as a 16-year-old cadet in 1966, received five Chief Constable's commendations, the Millard Award for services to social services and policing, a lifetime achievement award and even an invite to Buckingham Palace during his long career.

He became a fully-fledged officer at the age of 19 and was based as a constable in Grays for two years and South Ockendon for seven years before being promoted to the rank of sergeant in 1978.

He moved with his family to a police house in High Ongar; a change of location that was to have a major impact on his career. During his time as a sergeant and then as a crime prevention tactical adviser he co-ordinated fundamental changes in

how Essex Police engaged with residents in rural communities.

"I was involved in the setting up of beat teams in my area and they proved so successful that it was used as a benchmark for the rest of Essex," he said. "I was also involved in organising a group of gamekeepers into an information exchange dubbed 'Keeper-Watch'."

"It proved to be an excellent information network, particularly in recovering stolen property, locating missing persons and getting knowledge about the local community."

"I ran it in my spare time, funded it from private sources and produced newsletters for the group. It was so successful it was rolled out across the county as a benchmark for neighbourhood policing areas and gained national interest for doing so."

In 1997 Mr Ellis was asked to carry out a rural

policing review for the whole of Essex. He approached town and parish councils in the Epping and Ongar districts to survey the community and the results led to the creation of community policing teams a year later.

Mr Ellis retired the following year but returned as a crime reduction officer, working closely with partner agencies such as Epping Forest District Council's Safer Communities Team and re-organising Neighbourhood Watch across the district.

Chief Constable Stephen Kavanagh said: "Tony's dedication to Essex Police is a fantastic example to all of us who aspire to serve the people of this county."

"We often hear talk of officers having policing in the blood and if anyone is a standout example of that then it is Tony. It takes a true love of the job to give so much selfless service to fighting crime over such a long time."

Arson probe after blaze at building

A FIRE which damaged a derelict building in Harlow is thought to have been started deliberately.

Firefighters were called to Fern Hill Lane shortly after 10.30pm last Tuesday. When they arrived they found the building was well alight.

An investigation into the cause of the fire is now under way but a spokesman for Essex County Fire and Rescue Service said it was being treated as arson.

Drug dealer caught by undercover police team

Filmed selling Class A substances to cops

Court reporter

star@hertsessexnews.co.uk

A HARLOW man has been jailed for more than five years after being filmed selling drugs to undercover cops.

St Albans Crown Court was told that it was while police were mounting a secret operation in Bishop's Stortford last year to target the supply of class A drugs that Garry Ellis, 27, came to the attention of officers.

Ellis, of Primrose Field, Harlow, met them in the belief he was handing over crack cocaine or heroin to a user, little realising that he was being recorded and videoed in an evidence-gathering exercise.

Between the summer and autumn of last year he was involved in supplying drugs to the undercover cops.

Ellis, who was able to supply with

bags and wraps of crack cocaine and heroin, soon revealed himself to be someone who had links to a chain of supply.

Although not at the top of the chain, the court was told on Friday his role was a "significant" one.

He pleaded guilty to two charges of supplying class A drugs and two charges of being concerned in the supply of a class A drug.

The court was told he had two previous convictions for dealing in drugs.

Will Noble, representing Ellis, said he had slipped back into "bad habits" after steering clear of drugs over the past few years.

Mr Noble said things then took a turn for the worse when Ellis resorted to dealing to fund his own use.

Ellis was jailed for a total of five years and 220 days.

Children's charity planning to turn back time with '20s ball

A CHARITY which has raised money to provide a sensory room and outside play area at Harlow's Princess Alexandra as well as paying for family days out for children with life-limiting illnesses will be turning another fun-raising event.

Kisses4Kids will be turning back the clock when it holds a 1920s-themed ball at the Hunters Meet at Hatfield Heath in March.

The charity was set up by Stacey Johnson who, after spending long periods of time as a teenager in hospital receiving treatment for a brain tumour, wanted to do something to relieve the boredom and brighten the lives of other young patients.

Since becoming a registered charity in 2008 it has paid for hundreds of children to enjoy days out and family trips away.

Kisses4Kids trustee Sara Evans, who lives in Harlow, first got involved with the charity when her daughter Evie had several spells in hospital for treatment to various lung and heart conditions.

"When you spend a lot of time in

hospital with a sick child, you become completely institutionalised," she said. "Normal life takes a back seat as you spend your days and nights caring for your child and willing them to fight to live."

"You don't realise how much you need a family day, how much you just need to have some fun until someone comes along and offers it to you. Kisses4Kids sent us to Chessington Zoo for the day when Evie came out of hospital. It created some amazing memories for us."

The ball, which takes place on Saturday, March 14, is being supported by Places For People, the property development company behind plans to build thousands of homes on land to the north of Harlow.

Tickets for the event, which promises '20s-style glitz, glamour and fun with cocktails, a four-course meal, live entertainment, casino games, a raffle and an auction, cost £55 or £500 for a table for 10. They can be booked by calling Sara on 07908 139883 or emailing saraevans@kisses4kids.org.uk.

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PEUGEOT

THE New Year has got off to a bad start for one unlucky person who bought a Lottery ticket in Harlow six months ago... they have missed out on a £59,520 windfall.

National Lottery operator Camelot confirmed on Friday that the £59,520 prize from the draw on July 5 last year remained unclaimed more than 180 days after it took place.

It is known the ticket holder bought the ticket in Harlow but they failed to claim their prize by the deadline of midnight on New Year's Day, despite attempts to trace them.

As the deadline has now passed the money, plus the interest it earned, has gone to help National Lottery-funded projects across the UK.

A National Lottery spokesperson said: "Unfortunately the ticket holder did not come forward within the deadline to claim their prize and has now sadly missed out on this substantial amount of money."

"We tried very hard to find the ticket-holder and it's a real shame that they have missed out, but there is still one winner – the nation. This money, and all the interest earned over the 180 days, will now go to benefit projects all over the UK funded by the National Lottery."

Since 1994 some £22bn has been raised by the National Lottery which has funded projects across the arts, sports, heritage, health, education, environment, charity and voluntary sectors.

Projects in Harlow to receive cash from the National Lottery include Safer Places, which received a £252,000 grant for emergency support for adults living in Essex experiencing domestic violence through the provision of community outreach and signposting to local services, and the Livewire Trust which used a £9,000 grant to run a series of theatre workshops for young people, addressing cultural differences and tensions.

Alcohol service backs Dry January campaign

THE Harlow-based alcohol awareness charity ADAS (West Essex Alcohol and Drug Service) is backing a campaign which encourages people to give up the booze for a month.

Last year ADAS, which is based at The Stow, helped around 500 people across West Essex who were concerned about their alcohol intake.

The team of staff and volunteers provide counselling, psychotherapy and support to individuals and their families.

"One client told us that ADAS saved her life," said Mr Clement. "She said her alcohol use was out of control and she was at an extremely low ebb and had even considered suicide when she first came to us."

ADAS chief executive Gareth Clement said: "The benefits go further than just waking up without a hangover. You'll lose weight, feel better, sleep better and save money."

The challenge has been gaining momentum over the past few years, with thousands of individuals starting the new year with a pledge to boycott alcohol for a

"With ADAS support she has been able to turn her life around and has been abstinent for 22 months now."

For more information about Dry January visit www.dryjanuary.org.uk.

Lettings firm boss admits fraud

THE former director of a Harlow house lettings agency who was charged with fraud following the collapse of the company pleaded guilty to 10 offences at Chelmsford Crown Court on Monday.

Sanjit Alangh, 26, of Tempest Mead, North Weald, was remanded on unconditional bail until January 15 for a pre-sentence report but was warned by the judge that "all options will be open" when it comes to sentencing.

Alangh admitted nine offences of acting as a director of Rent Team Ltd and engaging in unfair commercial practice between November 12, 2011 and April 15, 2013 and one offence of fraudulent trading between November 12, 2011 and June 21, 2013.

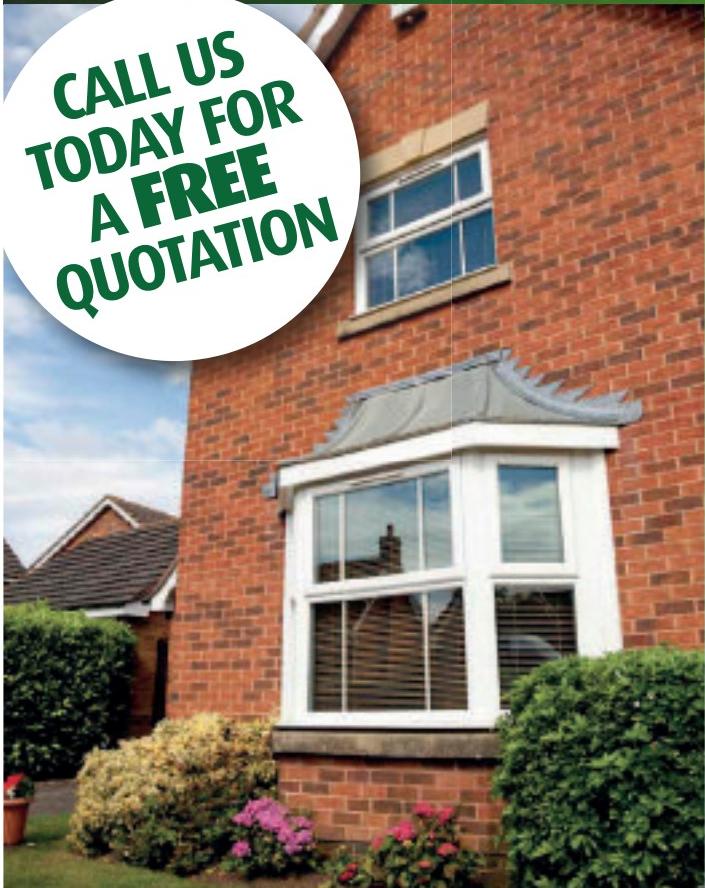
He denied a further nine other offences of fraud by abuse of position and these charges were ordered to be left on the court file by the judge.

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Workshop wins council a High Impact award

HARLOW Council has received an award for its contribution to the national Global Entrepreneurship Week campaign.

The authority was selected as winner of a High Impact award in recognition of its efforts in developing, supporting and encouraging future entrepreneurs.

Working in partnership with Anglia Ruskin University, the council teamed up with Simboc to provide a free workshop for anyone interested in becoming their own boss or starting a business.

Led by experienced entrepreneur David Bell who set up his first business at the age of 18, the workshop covered everything needed for those considering self-employment or starting their own business.

It gave attendees the opportunity to find out what is involved in setting up a business, the benefits and how best to succeed. People taking part described the workshop as both informative and inspirational.

Mr Bell said: "As an entrepreneur myself, I understand how difficult it is to take that first leap to becoming an entrepreneur."

"With the experience and knowledge I have gained over the years Global Entrepreneurship Week is an excellent opportunity to pass on what I have learned and help new, aspiring entrepreneurs to realise the benefits of being self-employed or starting a business."

Helping employees to become healthy

Personal trainers to offer health MOTs in workplace

Gemma Gardner

gemma.gardner@hertsexsexnews.co.uk

A GROUP of fitness industry professionals from Harlow have joined forces to help businesses keep their employees healthy.

NX Professionals are personal trainers Caroline Collins, Faye Brownjohn and Emma Berridge who each have a diverse range of specialisms and experience in both the fitness industry and corporate management.

Their mission is to "lead in motivating, educating and inspiring others to make healthy lifestyle choices".

NX Professionals will be offering companies employee health MOTs, corporate days and workshops.

The health MOTs aim to benefit employees and employers alike.

"For employees, the key benefit of the NX Professionals Health MOT is to tell your employees where their health is now and where it might be heading," Caroline explained.

"We can help them to identify early warning signs of any potential health risks, helping them to take the necessary steps to prevent them.

"For employers this can see



FIT: NX Professionals are, from left, Faye Brownjohn, Caroline Collins and Emma Berridge

enhanced productivity from their workforce along with a reduction in employee absenteeism.

The MOT consists of a series of simple and non-intrusive tests and is completely confidential. Each employee will receive a

booklet with all of their results. Following employee assessments, NXP will analyse the data and provide a report of its findings. This report will help employers to identify hotspots and guide the areas where health and well-being programmes need to focus.

Corporate days offer a range of lifestyle services, activities and advice to encourage employees to lead a more healthy and active lifestyle.

For more information visit the website at nxpro.co.uk.

Car business receives RAC accreditation

A CAR firm in Harlow has joined the ranks of a select number of dealerships nationwide after gaining approved dealer status from the RAC.

Motorsales, in Elizabeth Way, is the only dealership in Harlow to qualify for the scheme.

RAC approved dealers are the only ones which offer RAC BuySure, a guarantee that every car they sell comes with a certificate confirming the vehicle has passed an 82-point check.

Mark Philp, general sales manager at Motorsales, said he was delighted by the news.

"Of course we are hoping it will lead to more sales for us but it is actually great news for the customer because they now have the added peace of mind that this trusted service offers," he said.

"The RAC BuySure scheme is well known and is in the top 10 most trusted brands in the UK. Customers can buy a car from us and rest assured they have the extra peace of mind that comes with the backing of the RAC brand."

As well as the 82-point check that comes with each vehicle there is also complimentary breakdown cover which includes accident care and a motor legal car and car data check.

The RAC approved dealers preparation standard also includes vehicle history, a full road test, extensive inspection of the interior, exterior, wheels and tyres.

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Wedding Fayre

Sunday 18th January 2015

11.00am ~ 4.00pm

Free Admission

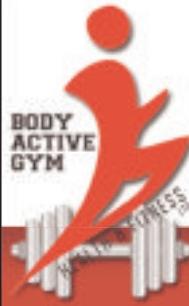


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(For Harlow Council Tenants only)

Tuesday 13 January 2015 from 7pm • Council Chamber, Civic Centre

- Presentation on Housing Finance - Annual Update
- Surgeries - Come along and talk to Council Housing staff and contractors on a one-to-one basis about any housing related issues you may have regarding Housing Management, Property Services, Housing Options and Advice, Kier Harlow Ltd. and the Modern Homes Programme contractors, which include United House, Keepmoat and Solar Windows Limited

Harlow Council staff will be on hand to provide welfare reform and benefits advice.

For further information, or if you require transport, please contact Zulfi Kiani,
Tenant Initiatives Officer on **01279 446330** or email tenant.relations@harlow.gov.uk

Harlow Council, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG



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Dog display team founder one of 24 Essex residents to receive NY honours

A LONG-serving MP, an award-winning architect and the founder of the Essex Dog Display Team were among the 24 Essex people to receive New Year Honours.

Conservative David Amess, who was just 31 when he was first elected to the House of Commons as MP for Basildon in 1983, has been given a knighthood. Now 62, the father-of-five is MP for Southend West, a seat he has held for 17 years.

Quinlan Terry, whose architecture practice with son Francis is based in Dedham, becomes a Commander of the Order of the British Empire at the age of 77. Renowned for his work in the New Classical style, his design for the 1992 Maitland Robinson Library at Downing College, Cambridge, won the Building of the Year Award in 1994. One of his best-known works is his extension to 19th-century gothic Brentwood Cathedral.

Professor Peter Holman, a conductor and musicologist best known for reviving the music of 17th-century composer Henry Purcell and his English contemporaries, gets an MBE, as does Roy Dyer, founding director of the Essex Dog Display Team and founder and chief instructor of the Brentwood-based Essex Dog Training Centre.

The full list of Essex recipients is:

KNIGHTS BACHELOR

David Anthony Andrew Amess. Member of Parliament for Southend West. For political and public service (Westcliff-on-Sea).

ORDER OF THE BATH

David Julian Cook. Second Parliamentary Counsel Office of the Parliamentary Counsel. For services to the preparation of legislation (Colchester).

COMMANDER OF THE ORDER OF THE BRITISH EMPIRE

Uma Mehta. Chief Community Services Lawyer, London borough of Islington. For services to children (Billerica).

Denis Kevin Myers. Deputy chief executive, Health and Safety Executive. For services to health and safety (Ingleside).

Amanda Phillips. Executive Principal, Paradigm Trust, Tower Hamlets, London. For services to education (Dunmow).

Judith Anne Salter. Headteacher, Glenwood Special School, Essex. For services to education (Benfleet).

John Quinlan Terry. Architect. For services to classical architecture (Colchester).

OFFICER OF THE ORDER OF THE BRITISH EMPIRE

Jeremy Charles Moore. Liaison Officer for Road Policing, Association of Chief Police Officers. For services to road safety and policing (Chelmsford).

John Malcolm Morris. Headteacher Ardleigh Green Junior School, Havering. For services to education.

Tessa Mary Webb. Formerly chief executive Hertfordshire Probation Trust. For services to probation (Brentwood).

MEMBER OF THE ORDER OF THE BRITISH EMPIRE

Richard George Hugh Burlend. Mechanical Engineer, Ministry of Defence. For services to defence (Great Dunmow).

Raymond Coe. Special Educational Needs Co-ordinator, Royal Docks Community School, London Borough of Newham. For services to education and the community in Newham (Benfleet).

Roy Brian Dyer. Founder, Essex Dog Training Centre and founding director, Essex Dog Display Team. For services to dogs and the community in Essex (Brentwood).

Professor Peter Kenneth Holman. Music director. For services to early music (Colchester).

Derek Royston Hopkins. Assistant Chief Officer Special Constabulary, Essex Police. For services to the community in Essex. (Witham).

Joan Ada Rose Lythgoe. Chair and Holding Trustee, Business Opportunities for the Physically Handicapped. For services to the disabled on Canvey Island (Canvey Island).

Annemaria Naylor. For services to community asset ownership (Colchester).

Susan Mary Wiggleworth. For services to the community in Polstead, Essex and south Suffolk (Colchester).

Nicholas John Wright. Chairman, S. Wright & Sons Ltd. For services to the manufacturing industry.

BRITISH EMPIRE MEDAL

Dr Leslie Atkinson. For services to the community (Munden, Essex).

Leonor Margaret Chiddicks. Office manager, Office of the Parliamentary security director, House of Commons. For parliamentary service.

Janet Mary Davies. For services to the community (Colchester).

Ms Elaine Mary Dixon. Formerly Day Nursery general manager University of Essex. For services to higher education and charitable fundraising (Colchester).

Archibald Frederick Shepherd. For services to young people (Chelmsford).

Kitchen renaming honour for club stalwart Kitty



A VOLUNTEER who has completed 55 years helping out at the David Livingstone Club in Harlow has stepped down.

Kitty Mutton began to help out when the club, which serves as a social meeting place for people with special needs, started in the David Livingstone Church. She then went with the club to Potter Street, where it is still situated.

Mrs Mutton, of Spinning Wheel Mead, has helped out with all aspects of the club, including trips, parties, cleaning and serving in the kitchen where she spent a lot of her time.

Club secretary Yvonne Butler said: "She was affectionately known as Mary Poppins as she could put her hand to almost anything that we needed from string to screwdrivers, candles to pliers."

Mrs Mutton, who is in her 80s, was guest of honour at the club's annual Christmas party during which a presentation was made to her.

In recognition of all of the years she has been in charge of the kitchen the club committee have renamed it 'Kitty's Kitchen'.

"She will be greatly missed by all of the members and committee but we hope that she will visit from time to time," said Mrs Butler.

In brief

Renewed appeal in assault probe

DETECTIVES investigating an assault which took place in Harlow town centre in November have renewed their appeal for witnesses.

The incident happened during the early hours of Sunday, November 16 when a 25-year-old man from Epping suffered a broken jaw after being assaulted outside Bar 21.

PC Lee Fordham said: "The victim had to plates in his jaw and has been off work for quite some time with his injuries. He has also go to go back into hospital in the new year for further treatment."

"Somebody must have some information about the circumstances leading up to this incident or may have witnessed the assault."

Anyone with information is asked to contact PC Fordham at Harlow CID on the 101 non-emergency number.

Turn your tree into soil conditioner

WITH Christmas and New Year celebrations now a fading memory and the decorations packed away for a nother year, Essex County Council is urging people to put their real Christmas trees to good use by recycling them at one of the recycling centres for household waste.

Most local councils will also collect real Christmas trees for recycling through their garden waste collections.

Keith McGurk, regional director for Veolia for East, added: "Recycling your Christmas tree means that we can turn it into a rich soil conditioner called pro-grow which is available to buy from the recycling centres."

The recycling centre in Harlow is at Temple Bank off River Way. It is open seven days a week from 9am-4pm.

220 guns seized in abuse cases review

24 firearms licences revoked and 26 surrendered

Elizabeth Reeve

star@hertssexnews.co.uk

ESSEX Police removed 220 guns from licensed firearms holders after a review of domestic abuse cases identified concerns about their suitability to possess them.

The force launched Operation Wishbone following a series of incidents elsewhere in the UK in which lawfully held firearms had been used in domestic-related murders and other serious incidents.

Deputy Chief Constable Derek Benson commissioned the review to check whether any firearms licence holders in Essex had committed domestic abuse, regardless of whether they had been arrested, charged or convicted of an offence.

The operation looked in detail at the background and circumstances of the incidents.

Chief Inspector Tom Simons, who was responsible for the Wishbone team, said: "If there were concerns, we took steps to remove guns, ammunition and certificates where we believed there was a danger to public safety."



ARSENAL: Some of the weapons seized

All 24,500 licence holders in Essex were reviewed. The review ultimately identified 777 people to be visited to check if it was still suitable for them to legally possess weapons.

Inspector Neal Miller, who led the operation, said: "We prioritised the cases, focusing on the highest risk first."

"We made our approach much more victim-based so that they had an opportunity to say whether they believed their partners or family members should be allowed to keep their guns. Throughout the whole process we worked closely with our safeguarding team to make sure an appropriate safety plan was in place around any domestic abuse victims."

"We found that when firearms were removed from homes, some victims then felt able to disclose further details of domestic and sexual abuse they had suffered because they were reassured we were taking action."

Of the 777 firearms holders who were assessed, 24 had their licences revoked – included three registered firearms dealers who are no longer trading – and a further 26 surrendered their licences, leading to the seizure of 220 shotguns and other firearms.

A further 86 were warned about the manner in which they stored their guns following home visits.

Inspector Miller added: "The learning that has come out of this operation has now been embedded into the force so that any incidents where there is a suggestion of the involvement of a licensed firearms holder are now assessed at the earliest opportunity and fully investigated."

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Birthday Greetings

Great Granny Julia



Julia Strachan

Wishing you the happiest birthday!
Sending you lots of love and
big birthday hugs
Love you lots
Teddy xxx

Great Grandson Edward Sainsbury

80th

You Are 21!



Boittier Freya

Happy Birthday Fairy Girl.
Love you loads

Mum, Dad, Sam, Zara,
Zac and Aphra xxxx

21st

Happy 1st birthday



Emerson Aleigha

Happy 1st birthday 10th
jan to our gorgeous
granddaughter.lots of love
and kisses.nanny and
grandad xxxx



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Thanks

Thank you

**BLAIR
Joy & Eddie**

Thank you so much to our wonderful children and
grandchildren for our fantastic day to celebrate our
Diamond Wedding Anniversary, on Christmas day.

xxxxx



Bereavements

FRANK WILLIAM BARNARD

Peacefully after a long illness, in the Princess Alexandra Hospital, on 28th December 2014, aged 84 years.

The beloved Husband of Monica, a dear Dad to Stephen, Linda and Keith and a wonderful and loving Grandad and Great Grandad. He will be sadly missed by all his loving family and friends.

Frank's Funeral Service is to be held on Monday 12th January 2015, at Parndon Wood Crematorium at 1.00pm.

Family flowers only please, donations, if desired, for the Macmillan Nurses Fund. Cheques made payable to MFH Charities Account.

All enquiries and donations to

Masterson Funeral Home, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

Bereavements

Bert CRICKMAY (Yogi)

Passed away peacefully at home on the 18th of December 2014, aged 87.

He will be sadly missed by his wife Gladys, their six children, and all their grandchildren and friends.

Funeral service to take place at St John's Church, Epping, on Wednesday 14th of January at 10.30am, followed by burial at Epping Cemetery at Lower Bay Lane.

Flowers or donations to Warriner and Sons Funeral Directors, at 32 Church Hill, Loughton, Essex, IG10 1LA. 02085081752.



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406 8676**

Bereavements

Harry George LEWIS

22/08/1933 -
25/12/2014

Sadly passed away peacefully at Princess Alexandra Hospital on 25th December 2014 aged 81.

Harry will be sadly missed by his beloved Wife Brenda, Daughter Ann, Son-In-Law Kevin, Grandchildren and Great Grandchild.

Funeral Service will be held at Parndon Wood Crematorium on 16th January 2015 at 2.30pm. Family flowers only, donations if you wish to Cancer Research or St Claires Hospice C/o Daniel Robinson, Wych Elm

BRENDA LLEWELLIN

Died peacefully on 24th December 2014 aged 88. Adored wife of the late David, beloved mother of Mark and Kate, grandmother of Alice and Jack and great-grandmother of Emily.

A resident and teacher for many years in Harlow. Any enquiries to Peter Taylor Funeral Service, Norwich. 01603 760787.



PATRICIA ANN NORRIS

Suddenly on 19th December 2014, aged 82 years. The Beloved Mum of Brenda, Patricia, Christine, Lesley, Dawn, Karen and Des and a wonderful and loving Nan to her 13 Grandchildren and 3 Great-Grandchildren.

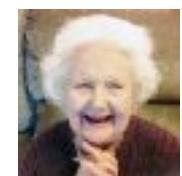
She will be sadly missed by all her family and many friends. R.I.P.

Patricia's Funeral Service is to be held on Friday 9th January 2015, at Our Lady of Fatima RC Church, at 12.30p.m. Followed by Interment at Parndon Wood Cemetery. Flowers welcome.

All enquiries and flowers to Masterson Funeral Home, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

Betty ROLFE

(10/12/1925-17/12/2014)



Our beloved mum, grandma and great grandma. No words can ever express the love we all felt for you and will continue to hold in our hearts forever. You were the kindest and most selfless person, who was always there for everyone. We will never forget just how beautiful, caring and loving you were to all of us. Heaven has found another angel.

Your loving family, Sandra & Steve, Terry Lyn & family, Johanna, Luke & Mark, Laura & Sarah, and all the rest of the family xxxx



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tribute to a
loved one
in paper...

**Call 0844 406 8676 or online at
harlowstar.co.uk/ads**

ENID HARRIS

Passed away on 21st December 2014 aged 92. Enid will be greatly missed by all her loving family and friends.

Funeral service will take place on Monday 26th January, 1.45pm at Parndon Wood Crematorium.

All enquiries to The Co-operative Funeralcare, 01279 441 444.

Mel INGRAM

Passed away peacefully on 24th December 2014 aged 60 years.

Funeral service will take place at Parndon Wood Crematorium on Monday 12th January 2015 at 1.45pm.

No flowers by request but donations if desired made payable to 'Alzheimer's Society' may be sent c/o

Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP.

Telephone: 01279 426990

'Soar with the Angels Mel'



Bereavements

Daph (Grumpy) SALMON (Nee Flegg)
Passed away suddenly at Treetops Epping, 26th Dec 2014 aged 89.
Ann & Phil Grandchildren Christopher Susie Neil & great grandchildren



Place a tribute to a loved one in paper...

Call **0844 406 8676**

SIDNEY BOON

Passed away on 30th December 2014, aged 85 years.
He will be sadly missed by all his loving family.

Funeral service will take place at Pardon Wood Crematorium on Tuesday 13th January 2015 at 11.30pm.

Flowers to Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

**Winifred WILSON (Wyn)**

Passed away peacefully on Friday 19th December 2014 at Princess Alexandra Hospital, aged 94.

A much loved mum to Mike, nan to Pippa and Joanna, great nan to Callum, Tyler and Chloe and great great nan to Esme.

An all round lovely lady, she will be sadly missed by all her family and friends who knew her.

Funeral service will take place at Pardon Wood Crematorium on Monday 12th January 2015 at 12.15pm.

Flowers maybe sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

In Memoriam**Elise ANGLIN**

Born Asleep 9-1-85
30 years have gone by but never a day goes by without thinking of you.

Always missed Always loved Mum, Dad, Jen & Shelley

xxxx

**MAUREEN FOXWELL**

Mum, we can't believe a year has gone, we miss you more now than ever. Nothing is the same Mum without you and it never will be. Miss you so much, all our love Danny & Jacq xxx

Danny and Jacq

LOHSE Eileen — Words are few, thoughts are deep, memories of you I will always keep Love always Debbie xx

LOHSE Eileen — While you dear mother, Rest and sleep. Your loving memory we'll always keep. Love Mark & Mandie & Greg xx

In Memoriam

DORIS SMYTH
9th January 2013
"Our wonderful Mum, our best friend"

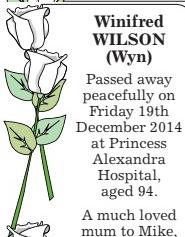
It's two years since we lost you, the day our hearts was truly broken. We love and miss you more each day. You will never be forgotten Mum. So many beautiful memories. God Bless.

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Latton Bush Centre Tuesday 5.30pm and 7.30pm Southern Way, In the Griffin Suite, Harlow, CM18 7BL Wendy: 07788133966	Church Langley Community Assoc Tuesday 6.30pm and 8.00pm Church Langley Way, Harlow, CM17 9TH Donna: 07920 259071
North Weald, Ongar Bowls Club Tuesday 7.30pm Behind the Talbot, CM16 6GP Cara: 07792778225	St. Thomas More Church Hall Wednesday 5.30pm and 7.15pm Hodings Road, Harlow, CM20 1TN Donna: 07920 259071
Sumners Leisure Centre Wednesday 5.00pm and 7.30pm Broadley Road, Harlow, CM19 5RD Carina: 07736 046793	Cooks Spinney Infant School Wednesday 5.00pm and 7.00pm Mardyke Road, Harlow, CM20 3BW Cara: 07792778225
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St. Thomas More Church Hall Thursday 9.30am Hodings Road, Harlow, CM20 1TN Donna: 07920 259071	Passmores Academy Saturday 8.30am and 10.30am Tracyes Road, Harlow, CM18 6JH Wendy: 07788133966

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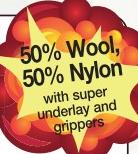
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RANGERS CLUB

New coin that costs £100

If you look through your pockets you may find a 50 pence piece, a £1 coin and, if you're very lucky, a £2 coin.

But collectors will be hoping to get their hands on the first-ever £100 coin which has been produced to mark the start of a new year.

Only 50,000 of the coins are being made by the Royal Mint, which is responsible for all the coins and banknotes in circulation in the UK.

On one side the new coin features an image of Elizabeth Tower, one of the most famous landmarks in London. Most people know it as Big Ben although that is actually the name of the giant bell housed inside the clock tower.

The design shows the tower from the point of view of a person staring up towards the sky.

On the other side of the coin is the familiar image of the Queen's head.

A spokesman for the Royal Mint told reporters: "The sound of Big Ben chiming in the Elizabeth Tower is one that has come to represent Britain for millions of citizens and tourists alike, particularly on New Year's Eve when the world listens for Big Ben to chime in the new year."

"It is a fitting choice for the nation's first £100 coin."

The coins, which contain 56 grams of silver and cost £100 to buy, are legal tender but have been designed as collector items and not for use in shops.



RANGERS fact file

■ NAME: Logan (member 1161)
■ ADDRESS: The Downs, Harlow
■ BIRTHDAY: January 11, 2011
■ LIKES: Riding his scooter, playing with Meccano, Spider-Man
■ FAVOURITE FOOD: Pasta, Chinese
■ LEAST FAVOURITE:
Potatoes
■ FAVOURITE BOOK: How To Grow A Dinosaur by Caryl Hart
■ FAVOURITE TV: Spider-Man
■ FAMILY: Sister, Daisy (18 months)
■ PETS: Two goldfish called Minnie and Spider-Man
■ WANTS TO BE: A racing car driver



Happy Birthday

Today
Oscar (member 566), of High Street, Hatfield Broad Oak, is 12 and leaves Rangers. Billie (member 855), of The Hornbeams, Harlow, is 10.

Friday

Sidnie (member 904), of Fesants Croft, Harlow, is 12 and leaves Rangers.

Saturday

James (member 20139), of Rectory Wood, Harlow, and Freya (member 1106), of Denby Grange, Harlow, are both 4.

Sunday

Lily (member 730), of Willowfield, Harlow, is 10. Logan (member 1161), of Rundells, Harlow, is 5.

Monday

Jennifer (member 906), of Albert Gardens, Harlow, is 11. Sean (member 896), of Pittmans Field, Harlow, and Harrison (member 969), of Arkwrights, Harlow, are both 8.

Tuesday

Edward (member 413), of Fennells, Harlow, is 12 and leaves Rangers. Joshua (member 814), of Whieldon Grange, Harlow, is 11. Freddie (member 1092), of Halling Hill, Harlow, is 8.

MEMBERSHIP APPLICATION FORM

If you are under the age of 10 you can use this form to join the Star Rangers Club

Name.....

Address.....

Date of Birth.....

Daytime telephone number.....

Hobbies.....

All new members will receive a membership certificate, a secret code card and a voucher for a free game of bowls and a soft drink for themselves and a friend at Harlow Bowl

Send this form to: Rangers Club, Harlow Star, The Media Centre, 40 Ware Road, Hertford, Herts SG13 7HU

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- » Choose a holiday park from the six listed below or over 150 parks listed online.
- By post:**
- » Select your holiday dates from those listed on the right.
- » Attach six tokens to your booking form and send with your payment to the address printed below.
- » You can send off your application as soon as you have collected any six tokens.
- » Complete your booking form, send with a cheque or postal order payable to BreakFree Holidays Ltd with your name and address on the reverse. No cash please.
- » Also include a loose first class stamp (failure to send this will affect the priority your booking receives) and send to: BreakFree Holidays (LOCAL), PO Box 2881, Romford RM7 1LB.

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67 Winchelsea Sands

Winchelsea Sands Holiday Park offers a range of onsite activities and facilities as well as being close to a number of local attractions. Explore the 1066 country of Rye and Hastings including art galleries and a castle.

Service charge: £6.50 ppn // Club pass charge: £3.85 pppb

68 Rye Harbour

Rye Harbour Holiday Park is the perfect base camp to explore this historic area. From the range of onsite facilities including a heated indoor leisure pool and sauna this is the perfect holiday venue for all the family.

Service charge: £6.70 ppn // Club pass charge: £3.85 pppb

73 St Margarets Bay

St Margaret's Holiday Park offers stunning views as well as great onsite activities. With facilities including a 25 metre indoor swimming pool and a variety of entertainment for all the family, a holiday to St Margaret's will never be dull.

Service charge: £7.25 ppn // Club pass charge: £4.50 pppb

54 Hayling Island

There's always plenty to do at this fabulous holiday park. From splashing around in the indoor and outdoor pools to enjoying the live entertainment. Set just off the Hampshire mainland with glorious Blue Flag beaches.

Service charge: £7.00 ppn // Club pass charge: £4.95 pppb

57 Whitecliff Bay

This wonderful holiday park offers something for everyone to enjoy - you'll find this friendly park offers stunning views and great facilities in abundance. A place where happy holiday memories are made. It's cracking!

Service charge: £6.95 ppn // Club pass charge: £5.95 pppb

70 Romney Sands

Romney Sands is the ideal venue for all the family. Located close to the famous Romney Marshes and offering superb coastal views. With facilities on the site such as a heated indoor pool, a kids club and a variety of entertainment.

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ppn Per unit, per night * pppb Per person, per break

KEY Outdoor Swimming Pool

Children's Club/Entertainment

Video Games/Amusements

Beach within 400 yards

Facilities for partially disabled

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**2015
A FRESH
START**

INSIDE: Your weekly guide to upcoming shows and concerts in the area mixed with interviews with showbiz stars, local performers and a page of puzzles

FITNESS TRENDS for 2015



AND REACH... A Les Mills virtual workout



ALTOGETHER NOW: Exercising can be fun, honest it can

long gone are the days when exercising meant going for a jog or heading to the local aerobics class.

These things still exist of course, but not quite in the same way – aerobics now means a long list of pump-it/dance-it/blast-it/shake-it-to-the-beat variations, there are all sorts of fancy gizmos and disciplines for strengthening up and, while jogging might still essentially be the same, look at how many people are now 'training' for an event, monitoring progress on smartphones and investing in the latest gravity-defying trainers.

Certainly, we're spoilt for choice these days when it comes to how we exercise. 2014 saw high-intensity interval training [HIIT] become mainstream, 'personal bests' are something everybody – not just pro athletes – think about, and getting-my-sweat-on overtook pouting-on-a-night-out as the social media selfie of choice.

According to the trend forecasters, there's more to come in 2015.

"We've all become more serious about sports and recognised that we might actually improve our performance if we trained specifically for the event," says leading personal trainer Matt Roberts. "It's taken a while, but following advice experts have given for years is now on-trend and set to continue. Blame/thank the rise of triathlon and cycling, and their physical and technical demands..."

Indeed, 'fit not thin' was the mantra for 2014, with toned,

healthy and strong overtaking catwalk-skinny as the most bandied body ideal. But how we look isn't the only fitness reward we cherish; how it makes us feel is important too.

"Working out now isn't just for the sake of it, and it's not just for aesthetics," adds Roberts. "A trek, mountain climb, triathlon, duathlon or any of the other events available are becoming the norm. Find a new goal, make it big, the world is your oyster and nothing is going to stop you in 2015!"

Personal fulfilment, improved mental and physical health, camaraderie and supporting charity campaigns all feature on our list of motivations for pursuing challenges too. On a day-to-day scale, against a backdrop of obesity epidemic headlines and rising rates of stress and depression, each and every one of us can benefit from being active.

Here's a snapshot of the fitness vibe predicted for the year ahead...

TIME AND CONVENIENCE

"We're increasingly time poor," says Dave Kyle, head trainer for Les Mills UK. "We're working longer hours than ever, so finding time to work out can be increasingly difficult."

So as time is at a premium, the industry's catering to our needs by increasing short yet effective workouts.

"A huge trend for 2015 will be convenience and time efficiency," adds Kyle. "Whereas in previous years we've heard about extreme and tough workouts, 2015 will see more classes and workouts being offered that fit in and complement our busy lifestyles.



FEEL THE BURN: A class at Fitness First

"HIIT isn't brand-new but it's certainly a trend that will continue and grow in 2015. HIIT classes like Les Mills GRIT are typically 30 minutes and the feedback we've had is phenomenal. Participants love the fast and furious approach, and the fact it delivers results and fits into their schedule."

ANY TIME, ANY PLACE

Fancy pumping iron at 2am? Hitting that treadmill at midnight? No problem – it's getting easier to work out around the clock, and PureGym, the UK's leading 24/7 gym, now sees 20 per cent of its members training at night, so those working shifts, for instance, can still benefit.

Despite the common advice not to exercise too closely to bedtime, PureGym general manager Lee Greenall says

some people might find nocturnal workouts helpful: "A lot of people complain about not being able to sleep at night; this is because people store too much energy at the end of a normal working day. Their eyes might feel heavy, but their body is ready to release more energy."

"If you listen to your body, it will make you feel a lot happier and replenished, helping you to close down and sleep better."

Les Mills are also predicting their VIRTUAL workouts – where classes are played on screens – will be big in 2015. Eliminating the need to turn up at a prescribed time, virtual classes can be accessed any time.

LET'S GET FUNCTIONAL

In 2014, you might well have found yourself scuttling across the floor like a lobster or

leaping around like an ape – primal movement-based exercise might sound like child's play but it sure does burn up those quads!

In 2015, the trend's set to develop further, with functional training putting a big emphasis on widening our range of movement and offsetting the damage of sedentary lifestyles.

"Functional training is a term that describes training the body in the way it was designed to move, and also to make exercise support an individual's goals," says Gillian Reeves, national group exercise manager at Virgin Active. "A lot of our movement these days is in the sagittal plane, movement that goes forwards and back, like walking, cycling, sitting at a desk. Our joints are designed to move three-dimensionally, but

we typically put our bodies into positions that are sitting down with flexed hips and internally-rotated and rounded shoulders. Doing this without including any functional exercise into your week can give you movement dysfunctions and injuries over time, and will reduce your range as you age."

In 2015, Virgin Active will focus not only on getting us moving more, but 'working up a sweat with a purpose'. The Grid, their exciting new addition, will see us "being more mindful of our movement and recovery", says Andy Birch, the brand's head of exercise and wellbeing.

In four formats – Lean, Fit, Strong and Active – the classes are an evolution of the HIIT/crossfit/circuits philosophy, incorporating numerous apparatus and engaging the whole body.

"Grid classes are the ultimate in 30-minute tough workouts," adds Birch.

STRONGER THAN YESTERDAY

More women than ever have started including weight training into their fitness regime; could our 'I'll look like a bodybuilder' fears finally be gone for good?

A beautifully honed bicep and sculpted quads are now the most envied curves in town, it seems, and industry insiders certainly think more and more of us will be muscling in on this trend in 2015, with old-school equipment like gymnast rings, for pull-ups and dips, and monkey bars a key feature for Fitness First. They're also predicting their Freestyle Strength Training class and FGT (freestyle group training) HIIT class to be popular.

More trends for the year ahead

What else is on the fitness horizon for the year ahead?

■ **Variety** – forget sticking to one or two forms of exercise. The choice of classes and facilities has never been so vast and people are cottoning on; mixing it up keeps things interesting and means a more over-arching workout.

■ **Doing it for the kids** – more focus will be put on catering for youngsters and families. Les Mills recently launched BORN TO MOVE classes, catering for 2-16-year-olds, which are set to reach more locations in 2015.

■ **Channel your inner athlete** – with London 2012's legacy still going strong and more of

us signing up for challenges, you'll find plenty of ways to train like the pros. Fitness First have developed a Team GB Pro Athlete programme to give members a taste of training, Olympian style.

■ **Outdoor training** – getting outdoors to exercise means vitamin D top-ups, fresh air in your lungs and an extra sharp endorphin rush if it's cool, plus best of all, if you simply don a pair of trainers, it's entirely free.

■ **Make a splash** – swimming's the UK's most popular sport, in terms of participation, with around 2.9 million of us taking a dip at least once a week. It's a fantastic, low-impact,

whole-body workout and even more of us are expected to take the plunge in 2015.

■ **Tech me as I am** – apps, gizmos and gadgets galore now play a key role in our fitness habits, and in 2015, it looks likely that tech will continue to help us monitor progress and smash those goals.

■ **Regeneration** – a growing buzzword, that token 60-second warm-down won't cut it in 2015; anybody worth their moisture-wicking threads knows that helping those muscles heal is just as vital as how many reps you managed. What do you mean you don't own a foam-roller yet?!

All those Christmas treats can add up to a weighty problem - but don't be tempted by those celeb-endorsed fad diets as a quick New Year fix. Slow and steady wins the weight race, experts tell **Lisa Salmon**

The battle of the BULGE

It's all very well to eat, drink and be merry over Christmas - but you could have a heavy price to pay in the New Year.

It's estimated that the average person consumes an extra 500 calories per day over the festive period, equating to a possible 5lb weight gain.

The British Dietetic Association (BDA) is keen to help people avoid the unhealthy repercussions of Christmas excess.

"Christmas is, of course, a time for lots of fun and special foods," says Sian Porter, consultant dietitian and BDA spokesperson. "The aim isn't to make people feel guilty about indulging at this time of year, it's merely to outline the amount of calories that can get consumed and share a few tips people may want to take up."

"This time of year, it's so easy to unwittingly consume a lot more calories than normal," she adds. "Make plans to get yourself and the family active - dancing, shopping and post-meal walks all will help to burn off some calories."

Sensible steps like these are far more achievable - and usually far better for us - than many of the more extreme fad diets doing the rounds.

Porter says the BDA's received numerous enquiries about different diets this year, ranging from the weird to the dangerous - such as the 'Breatharian Diet', which asks people to live on fresh air and sunlight alone!

"It seems we're constantly on the search for that magic bullet approach to losing weight, wanting a quick-fix to give us the bodies we so often see on TV, in magazines and adorning billboards," she says. "Quite often, the fad diets come at a price."

That's the potential cost to your health, for starters, but often there's a financial cost too, from the accompanying books, products, paid-for memberships or online services.

"The truth is, if something sounds too good to be true, it probably is," Porter warns.

Permanent, sensible changes are what the experts advise, if you want to lose weight and keep it off, and not quick-fixes or extreme short-term plans.

"An eating pattern for life should be one you can stick to, and include enjoyment, a rich variety of foods in appropriate portion sizes, and moderation.

Go for the marathon approach rather than the sprint finish," Porter advises.

"Many people will be making New Year resolutions to lose weight. Make the difference this time by losing it in a safe, robust and sustainable way."

DITCH THE FADS

Here are four trendy diets the BDA says people should avoid:

The Paleo Diet

Miley Cyrus and Matthew McConaughey have reportedly tried the paleo plan, also known as the Paleolithic, Caveman and Stone Age Diet. Only foods thought to be available to Neanderthals in the prehistoric era are allowed, and all other foods - like dairy products, grains, sugar, legumes, processed oils, salt, and drinks like coffee and alcohol - are excluded.

However, the BDA says that while eating fewer processed foods and less sugar and salt is a good idea, there's no need to cut any food group out of your diet entirely, unless advised to do so for medical reasons. In fact, cutting dairy completely without very careful substitution, the experts warn, could compromise bone health.

"An unbalanced, time-consuming, socially isolating diet, which this could easily be, is a sure-fire way to develop nutrient deficiencies which can compromise health and your relationship with food," stresses Porter.

The Sugar-free Diet

As well as banishing the white stuff from the menu, sugar-free diets - reportedly tried by the likes of Tom Hanks and Alec Baldwin - often ban carbohydrates too, as these are turned into glucose in the body.

But although the BDA encourages reducing added sugar, and sugar-loaded processed foods and desserts, it points out that some versions of this diet demand followers cut out all sugar, which is extremely limiting and, potentially, unhealthy.

"This is not only almost impossible," says Porter, "but would mean cutting out foods like vegetables, fruit, dairy products and nuts - not exactly a healthy, balanced diet."

Also, substitutes some sugar-free diet plans recommend, such as agave, palm sugar or honey, are actually just sugar in another form, and therefore using them

is "a huge contradiction".

The VB6 Diet

Beyoncé has reportedly tried this diet, so-named because it's about being vegan before 6pm. But after 6pm, nothing, within reason, is off limits.

The BDA says that while it's good that VB6 dieters eat less processed food, and more plant-based foods like beans, pulses, wholegrains, nuts, fruit and vegetables, being vegan doesn't automatically translate into eating healthily.

Porter says: "The danger is that post-6pm becomes a window of opportunity to hoover up a myriad of foods high in calories, saturated fat and packed with added salt and sugar, undoing your earlier healthier choices."

"The reality is, eating different food groups at different times of the day doesn't matter - in terms of your health, it's nutritional balance that's important."

The Clay Cleanse Diet

This diet claims a spoon of clay a day will remove toxins and negative isotopes from the body, helping you cleanse and stay in shape. Actress Zooey Deschanel has reportedly tried it.

However, stay away from the clay, is the advice of the BDA, who point out that the Food Standards Agency (FSA) issued a warning about the dangers of consuming clay, particularly for pregnant women, after high levels of lead and arsenic were discovered in some products. In fact, the whole idea of detox is "nonsense", and the body has its own built-in mechanisms to remove waste and toxins.

HOW TO FIGHT THE BULGE



Want to keep your weight in check the sensible way?

The BDA suggests:

- Before you go food shopping, make a list and stick to it, and buy healthier snacks like plain popcorn, pretzels, and vegetable crudites with a low-fat dip.
- Try dry-roasting potatoes on a non-stick baking sheet, or use an oil spray instead of

smothering them in fat.

Make gravy using

vegetable stock instead of meat juices, accompanied by a fruit-based stuffing.

■ If you're dining out, eat smaller meals beforehand and cut out treats. Visit buffet tables only once, using a smaller dessert-sized plate and avoiding high saturated fat offerings, like sausage rolls and quiche, in favour of

fruit, skinless chicken and vegetable crudites.

■ Take fruit like satsumas into work, so you can fill yourself with healthy food and avoid the communal office treats.

■ Boozing can really tot up the calories, especially over the festive season, so avoid creamy liqueurs and alternate alcoholic drinks with water or other calorie-free drinks.



Theatre and What's On

WHAT'S ON



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WHAT'S ON

WINTER WASSAIL

WHERE: Rivers Nursery, Sawbridgeworth - entrance to the site is off of Burnside.

WHEN: Sat, Jan 10, 6.30pm-8pm

HOW MUCH: Free

The Rivers Heritage Site and Orchard group is encouraging residents of Sawbridgeworth and beyond to turn out for its annual winter wassail. Wassailing, which is thought likely to predate the Norman conquest in 1066, involves visiting orchards and wishing the trees good health by bearing gifts and singing to them in the hope of getting a good harvest in the coming year. A bonfire will be lit using orchard deadwood and tea lights will illuminate a path through the orchard. There will also be folk music with Liz Goddard, who has previously appeared at WoodFest in Hatfield Forest. Those attending should wear warm wellies and take a torch. There will be cake and other refreshments.

MIDPOINT 2015

WHERE: The Gibberd Gallery

WHEN: From Wednesday, January 8

DETAILS: www.gibberdgallery.co.uk
Harlow Art Trust is committed to supporting new talent and has selected three artists that show exceptional, exciting artworks, full of innovation and promise. Abe Pardue is a Harlow artist who studied and lives locally. Abe said: "My work is at a point of transition from almost abstract paintings based on corners of rooms, light and shadow where I utilise a dampened palette to more bright and figurative works. The earlier paintings are about stillness and the process of painting; influenced by Eastern philosophical and spiritual teachings, the work was also motivated by moment to moment experiences, the process of painting and how it changes as well as the viewer's relationship with the paintings. My recent paintings are of people from memory or photographs that I find visually striking. They are of either people I know or strangers that I have seen on the street that I have drawn in my sketchbook which have then evolved into a painting." Other artists exhibiting are Sarah Foyster and Anwar Talukdar.

AN ARTIST'S LIFE

WHERE: The Gallery at Parndon Mill

WHEN: From Wednesday, January 15

DETAILS: www.parndonmill.co.uk

While most of the paintings in this exhibition were produced during the last 12 months, Anthony Cleyndert frequently returns to paintings and prints he has made over the years, adding new touches and ideas. This exhibition represents much of his working life as an artist. He said: "My work spans four decades and I paint from the things I feel and observe. My early paintings and prints were conceived in a linear way and are concerned with landscape and architectural space, coming from the light of Norfolk red and flint walls and Dutch buildings. Parndon Mill with its setting of water provided me with all the inspiration I needed."

ROLLO MARKEE & THE TAILSHAKERS

WHERE: Harlow Cricket Club, Marigolds, Chippingfield, Old Harlow.

WHEN: Fri, Jan 16, 7.30pm

HOW MUCH: £7 per person

DETAILS: www.musicarmarigolds.co.uk
Fronted by the inimitable Rollo Markee on harmonica and vocals and with the stinging licks and west coast rhythms of Steve Fossey on blues guitar, the band play an authentic blend of Chicago blues and west coast swing. Rollo Started playing blues at the age of 17 having been inspired by his mentor Julius Junior. Twenty years on he has developed a rich, passionate and authentic blues voice. His valve amplified Harp playing is full of tone, style and energy. The Tailshakers formed in 1998 with a vision to create a blues band with an authentic 50s sound. They use vintage instruments, microphones and amplifiers to create a sound reminiscent of the Chess Recordings. Their dedication to the blues and their attention to detail have produced a confident, stylish and highly entertaining act.

WELCOME:
Stephen K Amos
brings his show
Welcome To My
World to The
Playhouse next
month



STEPHEN K Amos to be a touch awkward

Stand-up Stephen K Amos is usually considered quite the charmer, but in his new show, Welcome To My World, you're more likely to get an evening of awkwardness.

Hilarious awkwardness, of course.

Sick of being asked the same questions over and over again – he's had to deal with too many yammers of "what does the K stand for?" – this tour Amos is asking the questions, and there's some big ones in there.

"Even in this day and age we still don't like to talk about things like race and sexuality or how much money you earn," he says.

"All those awkward dinner party conversation

fillers. There's a certain weirdness that can spark up in those areas and that gives me a springboard to be awkward within the show and ask the audience the awkward, challenging questions."

Arriving on the comedy scene in 2001, he's performed a string of acclaimed Edinburgh Fringe shows (this year was no exception – he hosted his own talk show, starred in *EastEnders* (twice), performed alongside Christian Slater and Frances Barber in *One Flew Over The Cuckoo's Nest* at the West End and presented *Batty Man*, a BAFTA-nominated documentary for Channel 4.

This tour, including a performance at Harlow Playhouse, is a chance to see him before he defects entirely to presenting. "I think we are due a black

talk show host," he says. "We had such fun doing it in Edinburgh and I think I'm good with people, very good listener and I can run with stuff that happens in the moment. And I'm not one of those cruel comics."

Nope, he's just effortlessly funny.

Details

GENRE: COMEDY

EVENT TITLE: STEPHEN K AMOS -

WELCOME TO MY WORLD

Harlow Playhouse

Saturday February 11, 8pm, £18.50

Call: (01279) 431945

Visit: www.playhouseharlow.com

The Undertones to head Stortford Music Festival

ONE of the greatest New Wave bands, The Undertones, are to headline the last night of Stortford Music Festival.

Derry's finest will be in action on Sunday, May 3, in a move which is already proving popular with fans of the annual event in the grounds of St Mary's Catholic School.

They were at the forefront of the post punk New Wave movement at the end of the 1970s but actually formed in Northern Ireland in 1975.

The original members were five friends who got together in 1975 to play cover versions in local youth clubs.

Between 1978 and 1983 that line-up released 13 singles and four studio albums before frontman Fergal Sharkey announced his intention to leave the band, citing musical differences, in May 1983.

Despite their upbringing on the frontline of the Troubles in Ulster, The Undertones focused on the universal issue of teenage angst in most of their songs.

Famously, the debut single



Teenage Kicks was legendary Radio 1 DJ John Peel's all-time favourite track.

It has gone on to be re-released several times since, covered by bands including One Direction and is regarded as one of the best rock records ever made.

However their greatest hit was *Perfect Cousin*, which reached number 9 in the UK charts in 1980 – The Undertones' most successful year in terms of record sales.

In a review by *Sounds* magazine, The Undertones were described as "possibly the best pop group in the

English speaking world".

Other hits which have endured over the decades include *Here Comes the Summer*, *Jimmy Jimmy* and *You've Got My Number (Why Don't You Use It)*.

After Sharkey's departure for chart hits with The Assembly and as a solo artist, the O'Neill brothers found success again after forming That Petrol Emotion.

However The Undertones reformed in 1999 – minus Sharkey – to play a series of shows in their home county.

Their new lead singer was Paul McLoone and the line-up has continued to tour ever since across the globe.

Stortford Music Festival will make further announcements about the full line-up shortly.

Meanwhile early bird tickets for the two-day event, which kicks off on Saturday, May 2 are available from <https://live.advancedticketing.co.uk/kiosk?vendor=stortfordfestival&tracker=FB15>.

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Attack of the BLOCKBUSTERS

Those in the know reckon 2015 will be a record year at the global box office with an unprecedented amount of big budget movies hitting cinemas in the next 12 months.

A new Star Wars film, two Marvel movies and 007's latest outing are all due this year along with various sequels, reboots and even, get this, some original stories.

Out of all the mega-buck movies landing at a multiplex near you in 2015, these are the ones I'm most looking forward to...

Kingsman: The Secret Service

RELEASED: JANUARY 29

Matthew Vaughn passed on the chance to direct X-Men: Days Of Future Past to call the shots on this, a comedy spy thriller based on a comic book written by Mark Millar and adapted for the screen by Jane Goldman. Colin Firth plays Harry Hart, a cross between James Bond and Steed (from the British TV series The Avengers), who recruits tough nut Eggsy from a rough estate to join his league of gentleman spies who are taking on the villainous Valentine (Samuel L Jackson). Expect gags, gadgets and lots of retro style.

Big Hero 6

RELEASED: JANUARY 30

Disney's first animated movie based on a Marvel comic looks set to be one of the big family films of the year. The story centres on a 14-year-old genius called Hiro who, after the loss of his older brother, is comforted by his robot Baymax. They become best friends and team up with a group of high-tech superheroes to take on a mystery villain who's stolen Hiro's invention. But as much as it's about action, Big Hero 6 is a film about friendship.

Chappie

RELEASED: MARCH 6

There's more robot action in Neill Blomkamp's sci-fi comedy, the director's follow up to District 9 and Elysium. His third feature is a full-length take on his short film

This year is packed with big screen blockbusters. **Darryl Webber** picks out the 10 best coming our way in 2015



FEEL THE FORCE:
Star Wars: The Force Awakens is set to be one of the year's most popular films

Tetra Vaal, in which sentient robot Chappie is stolen by gangsters who want to use him in their criminal enterprises. And what's more, Hugh Jackman's hoodlum with a mullet starts picking on him. Bad times for Chappie. Blomkamp's regular collaborator Sharlto Copley provides the voice and moves of the child-like robot.

Avengers: Age Of Ultron

RELEASED: APRIL 24

Marvel can do no wrong at the moment and that doesn't look likely to change with the second of its Avengers films, especially if the trailer is anything to go by. With the Avengers seemingly at odds as they try to defeat Ultron, the super-powerful robot that Tony Stark has created, this promises to be a much darker

film than the first one with a host of new characters including comic book favourites the Scarlet Witch, Quicksilver and The Vision. Exciting doesn't begin to cover it.

Mad Max: Fury Road

RELEASED: MAY 15

The fourth film in the Mad Max series comes 30 years after the last one and doesn't feature Mel Gibson, star of the first three movies - but stepping into his shoes is Tom Hardy, perfectly cast as the intense road warrior of a fuel-starved apocalypse. Tom's Max teams up with Charlize Theron's Furiosa for a dangerous drive across the desert where they encounter the maniacal Nux and his vicious hordes. Any doubts about this much delayed production were allayed by a breathtakingly bonkers trailer released a few weeks ago. Now it's all about the anticipation.

Jurassic World

RELEASED: JUNE 12

Can it really be more than 20 years ago that Steven Spielberg had us jumping out of our seats with the brilliant CGI dinosaurs of Jurassic Park? After two lacklustre sequels in the 1990s, the franchise returns with Spielberg producing and Colin Trevorrow in the director's chair. Guardians of the Galaxy star Chris Pratt is the new lead man as

things start going wrong at the revamped theme park... who would have thought breeding dinosaur hybrids would be a bad idea?

Ant Man

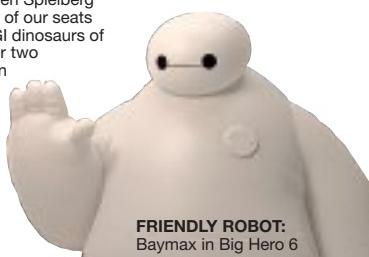
RELEASED: JULY 17

If Marvel's big gamble last year was Guardians Of The Galaxy (lesser known comic books, little known characters) it paid off handsomely with some \$800 million worth of returns at the global box office. Marvel's throw of the dice in 2015 is Ant Man, not one of its marquee names and formerly the pet project of British director Edgar Wright who jumped ship after falling out with the producers. Nevertheless, it looks good fun with Paul Rudd as the size-shifting hero, in what looks to be a comedy heist thriller with Michael Douglas as Ant Man's mentor Hank Pym.

Spectre

RELEASED: OCTOBER 23

After the record-breaking success of Skyfall (the most lucrative 007 film ever)



FRIENDLY ROBOT:
Baymax in Big Hero 6

expectations will be high for Bond 24. Such is the anticipation that there was even a press conference to announce the film's title and cast before shooting began last month. The title Spectre harks back to classic Connery-era Bond while lining up alongside Daniel Craig is Christoph Waltz who it is rumoured will be playing Blofeld, though plot details are scant at present.

The Hunger Games: Mockingjay Part Two

RELEASED: NOVEMBER 20

The last Hunger Games film shifted the action from the gladiatorial style contest in the dystopian Panem to the growing rebel movement against the tyrannical President Snow, reluctantly spearheaded by Jennifer Lawrence's Katniss



ROAD WARRIOR: Tom Hardy takes over as Mad Max



HERO TIME: Chris Evans and Chris Hemsworth return as Captain America and Thor in Avengers: Age of Ultron

BOOKS

WHAT'S ON



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Big names announced for BOOK FESTIVAL

The Essex Book Festival 2015 was launched this week with a starry selection of writers, poets, dramatists, artists and filmmakers descending on all parts of the county in March.

With 65 events across 36 venues featuring more than 100 authors, it's set to be an inspiring celebration of the power of writing and reading.

Highlights of the festival this year include popular crime writer Sophie Hannah, who'll be reading from her new book, *The Monogram Murders*; evergreen comic poet Pam Ayres; Labour MP Alan Johnson, winner of The Orwell Prize 2014 for his memoir *This Boy*; and debut author Jessie Burton, who won the Waterstone's Book of the Year 2014 for her historical novel, *The Miniaturist*.

There are also appearances from stand-up poets John Hegley and Luke Wright; the award-winning writer and filmmaker Jon Ronson (*The Men*

Who Stare At Goats, Frank); Judy Finnigan (of Richard and Judy fame) who'll be interviewed by her husband Richard; and acclaimed football writer Matt Dickinson, who'll be talking about his book, *Bobby Moore: The Man In Full*.

The theme for the festival this year is Metamorphosis and this marks the introduction of two new festival strands – a human rights strand to be launched by Shami Chakrabarti, director of Liberty and chancellor of the University of Essex; and a visual arts strand to be launched by Maggi Hambling, one of Britain's most acclaimed contemporary artists who'll be talking about her new book, *War Requiem And Aftermath*.

The festival has also forged new partnerships with Southend Libraries and the Polish Cultural Institute, which will culminate in the Polish/UK Writers' Panel Discussion at Southend Pier.

To find out more, visit www.essexbookfestival.org.uk.

STAR COUPLE:
Judy Finnigan will be interviewed by her husband Richard Madeley at the festival



POLITICAL HEAVYWEIGHT: Former Home Secretary Alan Johnson



RHYME AND REASON: Stand up poet Luke Wright will be performing



THEME: Director of Liberty Shami Chakrabarti will be at the festival

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WITCH WAY
NOW? Meryl
Streep in *Into
The Woods*

Happy ever after for MERYL

Into The Woods

FANTASY: (PG)
Director: Rob Marshall
Starring: Meryl Streep, Emily Blunt, James Corden, Anna Kendrick, Chris Pine, Tracey Ullman, Christine Baranski

Traditionally in fairytales, the bedraggled heroine wins her dashing prince, evil stepmothers get their comeuppance and abducted children escape the clutches of a witch by pushing the treacherous hag into her oven. Nothing

epitomises living happily ever after like the heady aroma of roasting human flesh.

Into The Woods keeps turning the pages on these archetypal characters, imagining what might happen as they come to terms with their actions and – in most cases – suffer the repercussions.

Light comedy and heartrending tragedy skip hand in hand in James Lapine's screenplay and Stephen Sondheim's music and lyrics, which are ambrosia for director Rob Marshall, who propelled the 2002 film version of *Chicago* to Oscar glory.

This has nearly as much razzle dazzle including gorgeous costumes, picturesque

sets and digitally enhanced magical effects.

Thankfully, Marshall tones down the swirling camerawork and snappy editing here, adopting a gentler rhythm, which is less exhausting on our eyes over two hours.

The Baker (James Corden) and his wife (Emily Blunt) yearn for a child, but cannot conceive.

The Witch (Meryl Streep) next door promises the couple a family if they bring her four objects before the blue moon: a cow as white as milk, a cape as red as blood, hair as yellow as corn, and a slipper as pure as gold.

RATING: Good

Alfred Hitchcock's classic spy thriller, *The 39 Steps*, brilliantly and hilariously recreated as the smash hit Olivier Award Winning show.

Follow our handsome hero Richard Hannay in this blissfully funny comedy thriller featuring four fearless actors playing 139 roles in 100 minutes of fast-paced fun. Complete with stiff upper lip, British gung-ho, devastatingly beautiful women and of course fabulous vintage costumes. Seen by over 3 million people, *The 39 Steps* is a must see show!

For more information visit www.love39steps.com

Question: In which year did Hitchcock's first version of *The 39 Steps* appear?

A: 1925 B: 1935 C: 1945

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For more information visit www.love39steps.com

Question: In which year did Hitchcock's first version of *The 39 Steps* appear?

A: 1925 B: 1935 C: 1945

For your chance to win, just complete the entry form and send it to: HEN 39 Steps Competition,

Courier House, 80-84 Calverley Road, Tunbridge Wells, TN1 2UN.

Enter by text, simply text HMS STEPS, your answer (A, B or C), plus your name, address and postcode to 64343. (E.g. HMS STEPS A Jane Smith 1 Any Road SG1 3RY) Remember to include the spaces! Texts will cost £1.00 each plus one standard network rate message

Entries must reach us by midnight Friday, January 16, 2015

NOW SHOWING

Films showing at Harlow Cineworld from Thursday, January 8 - Thursday, January 15



INTO THE WOODS (certificate PG, 125mins)

Friday-Thursday 11:00 14:00 17:00 20:00

FOXCATCHER (certificate 15, 134mins)

Friday 11:30 14:30 17:30 20:30 Saturday & Sunday 14:30 17:30 20:30 Monday-Thursday 11:30 14:30 17:30 20:30

TAKEN 3 (certificate 12A, 109mins)

Thursday 12:30 15:15 18:00 20:45 Friday-Thursday 13:00 15:40 18:20 21:00

THE THEORY OF EVERYTHING (certificate 12A, 123mins)

Thursday 14:30 17:30 20:30 Friday 11:15 14:15 17:15 20:15 Saturday & Sunday 14:15 17:15 20:15 Monday-Thursday 11:15 14:15 17:15 20:15

EXODUS: GODS & KINGS (certificate 12A, 150mins)

Thursday 13:40 17:00 20:20 Friday-Thursday 16:25

THE WOMAN IN BLACK: ANGEL OF DEATH (certificate 15, 98mins)

Thursday 18:30 20:55 Friday-Thursday 18:20 20:45

THE HOBBIT: THE BATTLE OF THE FIVE ARMIES

(certificate 12A, 160mins)

Thursday 13:10 16:30 19:50 Friday-Sunday 13:10 19:45 Monday 13:10 Tuesday & Wednesday 13:10 19:45 Thursday 13:10

NIGHT AT THE MUSEUM: SECRET OF THE TOMB

(certificate PG, 98mins)

Thursday 16:20 Saturday & Sunday 11:50

PADDINGTON (certificate PG, 95mins)

Thursday 13:50 16:10 Friday-Thursday 11:20 13:40 16:00

ANNIE (certificate PG, 118mins)

Saturday & Sunday 11:40

TAKE 2

FURY (certificate 15, 135mins)

Thursday (January 8) 13:00 19:00

GONE GIRL (certificate 18, 149mins)

Thursday (January 15) 19:45

MOVIES FOR JUNIORS (£1.35/£2.70 3D)

DOLPHIN TALE 2 (certificate U, 107mins)

Saturday 10:10

THE HOUSE OF MAGIC (certificate U, 85mins)

Saturday 10:15

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WILD (certificate 15 115mins)

Monday 20:15

39 Steps Entry Form

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YOUR STARS WITH

ARIES MARCH 21 - APRIL 20

The stars help you to work out where you've been going wrong in life and to decide what you really want from the world which has taken over your existence lately. New friends will bring the light and highlight back into your days, and one in particular could turn out to mean much more to your future than you realise. Ring now to hear why it's worth replying to texts you've ignored.

FOR WEEKLY AND MONTHLY **0911 8532 348** 66p per minute
READINGS CALL

TAURUS APRIL 21 - MAY 21

You finally discover new ways to get on with difficult work contacts which should make your working week more enjoyable than it's been for weeks or even months. Don't be afraid to invest more time with the family member who's proved hard to handle. This is the week you can make a breakthrough. Ring now for more on this extraordinary week.

FOR WEEKLY AND MONTHLY **0911 8532 349** 66p per minute
READINGS CALL

GEMINI MAY 22 - JUNE 21

Money may be hard to come by this week, so you must avoid the temptation to spend funds you know you need at a later date. Playing it safe can enable you to take advantage of a most exciting personal opportunity by Friday. Your ruling planet Mercury sees you making a useful contact far away who can change your plans for the summer. Ring now for more details.

FOR WEEKLY AND MONTHLY **0911 8532 350** 66p per minute
READINGS CALL

CANCER JUNE 22 - JULY 22

Mixing of the past and present is strong this week and you seem to be able to achieve what you couldn't over the Christmas period with those close to you. A financial matter you've been ignoring can and should be faced up to on Thursday when those with the power are ready, willing and able to help you sort things out to both your advantage. Ring now for an important message from Uranus.

FOR WEEKLY AND MONTHLY **0911 8532 351** 66p per minute
READINGS CALL

LEO JULY 23 - AUGUST 23

Someone you have only ever viewed as a threat to your career, you will now see as an asset. You will be forced to help each other over the coming days. News of a pregnancy or birth helps you put a certain situation into perspective. You start to think outside the box where your own situation is concerned and good ideas are born. Ring now to make the most of life and love.

FOR WEEKLY AND MONTHLY **0911 8532 352** 66p per minute
READINGS CALL

VIRGO AUGUST 24 - SEPTEMBER 22

Many stars seem to be unpredictable at the moment and there may be days where your health causes you to work, due to the stars playing havoc with our plans. What the stars are really trying to do is give you time to think about what you're investing in. It's time to work out what and who should be your priority. Ring now to hear how Saturn heals a long standing family rift.

FOR WEEKLY AND MONTHLY **0911 8532 353** 66p per minute
READINGS CALL

LIBRA SEPTEMBER 23 - OCTOBER 23

Jealousy is strong in your chart, but the reasons for your feelings may not be as valid as you at first think, so try to slow down and delay any impulsive reactions until you have all the facts at your fingertips. You're thinking more of someone from your past as you try to work out what you want and where you see yourself in the future. Ring now to hear why Friday is a day of revelations.

FOR WEEKLY AND MONTHLY **0911 8532 354** 66p per minute
READINGS CALL

SCORPIO OCTOBER 24 - NOVEMBER 21

Use the stars on Tuesday to make sense of all that's occurred recently. You are so much stronger than you think and, if you look back, you'll see that your reaction to events has proved this. News of someone you admired makes you realise you can afford to aim high and that you're more able than you previously thought. Dream big Scorpio. Life is waiting. Ring now to reveal all.

FOR WEEKLY AND MONTHLY **0911 8532 355** 66p per minute
READINGS CALL

SAGITTARIUS NOVEMBER 22 - DECEMBER 20

This is one week where it really is worth listening to what those around you say. Close ones don't feel they need to be obvious, they believe you already know what needs to be done. Not paying attention could make all the difference to how big a part they play in your future! Give me a ring now to hear why many of you will be going solo with your career in 2015.

FOR WEEKLY AND MONTHLY **0911 8532 356** 66p per minute
READINGS CALL

CAPRICORN DECEMBER 21 - JANUARY 20

Take life one day at a time this week, or you will miss out on seeing how far out of their way close ones have gone to impress you. A slower pace to your life is predicted which gives you the chance to fine tune the way you day to day life goes and how much you do or don't take on. Give me a call now to hear why it's worth checking your passport is in date this month.

FOR WEEKLY AND MONTHLY **0911 8532 357** 66p per minute
READINGS CALL

AQUARIUS JANUARY 21 - FEBRUARY 19

It's essential that you keep manners to the fore this week, as they will open the door to many exciting opportunities for you. Someone you were relying on in work may well let you down, so try to have a back up plan ready to ensure you keep your reputation intact. Be early on Friday, this could be an important deal. Ring me so we can talk about relationships in your life.

FOR WEEKLY AND MONTHLY **0911 8532 358** 66p per minute
READINGS CALL

PISCES FEBRUARY 20 - MARCH 20

Mars makes it hard for you not to say what is on your mind to your close ones and you may find yourself regretting what comes out of your mouth, especially on Wednesday and Thursday. Don't regret Pisces, it could be the push a lone one has needed to make the changes to the way you live your life together. Ring now to hear why this is such a fifty month for you Pisceans.

FOR WEEKLY AND MONTHLY **0911 8532 359** 66p per minute
READINGS CALL

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SUDOKU

Fill in the grid in such a way that every row and column and every 3x3 box contains the numbers 1-9.

Easy

9								1
3	2	1	8	7	5			
7	8	9	5	6				
9	2	5		1				
7	5		3	9				
2		4		7				
4	3			5	6			

Medium

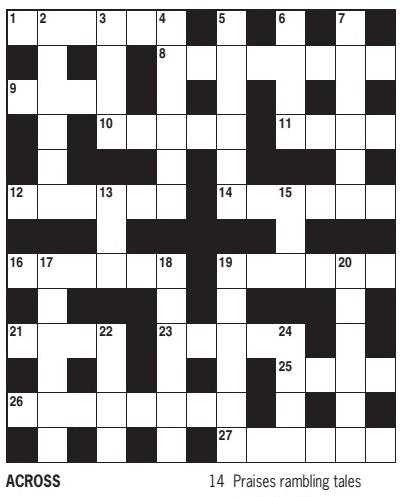
	5				4			
9	6	8				5		
7			6	9				
	5	3	2	7	1			
5			9			3		
9	6	7	1				8	
			3	9	1			

Hard

7								
6	2		3	7	5			
3	8				6			
2		4	6					
6		1			9			
1	5	2						
3		4	7					
2	9	7	6	5	3			

Killer

13		10	22			15	28	
21	23		19			11		
10	15					5		
							12	
								22
8						16		
								20
7	20		8			13		8
								4
21								

CRYPTIC CROSSWORD

27 Chubby actor starts leaving building (6)

DOWN

2 Large flyers or migratory seal, eg (6)

3 Flower girl? (4)

4 Physical damage among panel of twelve (6)

5 Scrounge cake? (6)

6 Wooden shoe left in machinery part (4)

7 War doctor in jacket (6)

13 Brooded evenly on eggs (3)

15 Tune sounds like one that will succeed (3)

17 Desert island inhabitant off course? (6)

18 Bird in the endless grass (6)

19 Definitely not one far off (2,4)

20 Badly singe new flag (6)

22 Many auction items (4)

24 Direction of overseas trade (4)

14 Praises rambling tales about kiss (6)

16 Willingly receive damaged cap etc (6)

19 Butterflies discovered in cleaner vests (6)

21 Cheat a type of bird (4)

23 Plunder gun (5)

25 Barren part of the Kalahari Desert (4)

26 Could be another's fishing ground (5,3)

PATHFINDER

Beginning with the highlighted square, follow a continuous path to find the listed folk singers. The trail passes through each and every letter once and only diagonally.

AL STEWART

ALYTH

ARCHIE FISHER

BELLE STEWART

EILIDH SHAW

ERIC BOGLE

HAMISH LIMLACH

JEAN REDPATH

JOSH MACRAE

LORI WATSON

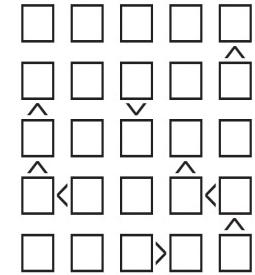
NANCY WHISKEY

ROBIN HALL

R	T	N	A	N	W	H	C	B	O	G
A	H	S	H	C	Y	I	I	R	E	L
W	A	D	I	E	S	K	Y	E		
E	L	A	I	L	R	L	E	S	O	L
T	S	Y	T	H	E	L	E	T	R	I
L	A	L	H	S	[B]	E	W	T	A	W
N	H	M	I	C	H	I	R	O	O	M
H	A	S	R	A	H	T	N	J	A	
R	O	I	M	L	A	C	J	E	R	C
H	T	A	P	D	E	R	N	A	A	E

FUTOSHIKI

Each line across and down is to be filled with the numbers 1 to 5. The same number cannot occur more than once in any line. Your only clues are the numbers given and whether a number is greater than (>) or smaller than (<) the adjacent number.

**TOTALIZED**

The 25-second ultimate challenge from Puzzler Brain Trainer. Follow the instructions from left to right, starting with the number given to reach an answer at the end.

EASY	7	SQUARE IT	+ 6	÷ 11	- 3	x 9	½ OF IT	HALF OF IT	x 5	- 11	ANSWER
MEDIUM	18	x 4	½ OF IT	x 7	- 75	½ OF IT	+ 221	÷ 4	TREBLE IT	+ 148	ANSWER
HARDER	104	¾ OF IT	x 7	TREBLE IT	+ ¼ OF IT	- 418	HALF OF IT	- 587	÷ 8	x 11	ANSWER

QUICK CROSSWORD

ACROSS	Both sets of clues fit both grids	27 Make fond (6)
1	Civil restriction (6)	2 Ascending (6)
8	Domestic products (4-4)	3 Marshes (4)
9	Lower jaw (4)	4 Totally (6)
10	Gun salute (5)	5 Enroach (6)
11	Win (4)	6 Polluted air (4)
12	Woolly (6)	7 Fringe (6)
14	Ample (6)	13 Viral illness (3)
16	Hidden, esoteric (6)	15 Liquid mineral (3)
17	Encouraging cry (4,2)	17 Encouraging cry (4,2)
19	Architectural column (4)	21 Self-satisfied (4)
23	City on the Seine (5)	23 Early release (6)
25	Important test (4)	20 Llama's relative (6)
26	Final undoing (8)	22 Large cymbal (4)
27	Apple pip, eg (4)	24 Apple pip, eg (4)

LAST WEEK'S SOLUTIONS

Totalized: EASY=20 MEDIUM=825 HARDER=282

Sudoku: Easy	Sudoku: Medium	Sudoku: Hard	Sudoku: Killer	Futoshiki	Pathfinder	Quick Crossword	Cryptic Crossword
3 8 6 1 7 2 4 9 5 2 5 1 9 8 4 7 6 3 9 7 4 5 3 6 2 1 8 6 9 8 3 2 5 1 7 4 1 4 2 9 7 8 5 3 6 7 3 5 4 6 1 9 8 2 4 2 3 8 1 9 6 5 7 9 1 2 7 6 5 4 3 8 8 6 9 2 5 7 3 4 1 5 1 7 6 4 3 8 2 9	8 7 3 4 2 9 1 6 5 2 4 6 7 1 5 3 8 9 1 5 9 8 3 6 4 7 2 6 9 2 1 8 3 7 5 4 4 3 5 2 9 7 6 1 8 7 8 1 6 5 4 2 9 3 5 2 4 9 6 1 8 3 7 3 6 8 5 1 2 9 7 4 7 8 1 6 5						

WINTRY MOTOR POINT

Tillwicks Road, Bush Fair, Harlow, Essex • 01279 641592

CAR OF THE WEEK

2007 (07)
Chrysler Crossfire
3.2 V6,



£6,995

grey, alloy wheels, air con, remote locking, heated leather seats, cruise control, e/windows, e/mirrors, 34,000 miles only

2011 (11)
Fiat Punto 1.4 Evo



£4,995

black, remote locking, e/windows, e/mirrors, CD player, one owner, 39,000 miles only

2007 (57)
Renault Megane 1.6,



Was £4,495 Now £3,495

blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 57,000 miles

2009 (09)
Ford Mondeo Zetec
TDCi 5dr



£6,495

silver, alloy wheels, air con, remote central locking, e/windows, e/mirrors, CD player, 47,000 miles

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»»»» EXECUTIVE ««««

SOLD 2010 (59) Bentley CTC 6.0 Auto, black, black hood, alloy wheels, climate control, heated electric leather beige memory seats, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, electric power hood, 11,000 miles only, YES 11,000 miles only! Stunning car has to be seen Was £79,995 Now £75,995

SOLD 2010 (10) Range Rover Sport 3.0 Diesel HSE, bronze, alloy wheels, climate control, heated electric leather seats, Sat Nav, reversing camera, cruise control, parking sensors, remote locking, keyless start, e/windows, e/f/mirrors, 18,000 miles only, one owner, stunner Was £34,995 Now £29,995

2003 (52) Bentley Arnage 6.7 Twin Turbo, dark metallic green, light cream quilted leather, phone, sat nav, split rim wheels, 42,000 miles only, history, superb looking car, bargain, cost new £180,000 Was £39,995 Now £28,000

2011 (61) BMW 730 Diesel Auto, black, alloy wheels, climate control, cruise control, heated electric leather seats, Sat Nav, Parking sensors, one owner, remote locking, keyless start, 16,000 miles only, stunning Was £31,995 Now £25,995

2009 (59) Mercedes E350 CDI Coupe, black, alloy wheels, climate control, parking sensors, heated electric leather seats, remote locking, e/windows, e/mirrors, cruise control, 60,000 miles Was £19,995 Now £17,995

2003 (03) Mercedes SL350 Auto, silver, alloy wheels, climate control, heated electric leather memory seats, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, electric hood hard top, 59,000 miles Was £13,995 Now £11,995

2007 (07) Chrysler Crossfire 3.2 V6, grey, alloy wheels, air con, remote locking, heated leather seats, cruise control, e/windows, e/mirrors, 34,000 miles only Was £7,995 Now £6,995

2011 (61)
BMW 730 Diesel Auto



£25,995

black, alloy wheels, climate control, cruise control, heated electric leather seats, Sat Nav, Parking sensors, one owner, remote locking, keyless start, 16,000 miles only, stunning

»»»» SALOON & HATCHBACK ««««

2009 (09) Ford Mondeo Zetec 1.6 TDCi 5dr, silver, alloy wheels, air con, remote central locking, e/windows, e/mirrors, CD player, 47,000 miles £7,495 Now £6,495

2011 (61) Vauxhall Corsa 1.3 CDTi, grey, air con, remote locking, e/windows, e/mirrors, one owner, 39,000 miles only Was £7,495 Now £6,495

2008 (08) Mercedes A150, black, alloy wheels, air con, remote locking, e/windows, e/mirrors, half leather seats, CD player, 59,000 miles Was £6,995 Now £5,995

SOLD 2009 (59) Peugeot 308 1.4, black, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 53,000 miles Was £5,995 Now £4,995

2006 (06) Hyundai Coupe 2.0, silver, alloy wheels, air con, leather seats, cruise control, e/sunroof, remote locking, e/windows, e/mirrors, CD player, 33,000 miles only Was £4,995 Now £3,995

2007 (57) Renault Megane 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 57,000 miles Was £4,495 Now £3,495

»»»» FAMILY CARS ««««

2009 (09) Mitsubishi L200 Double Cab 2.5, grey, alloy wheels, central locking, CD player, 56,000 miles, NO VAT £10,495 Now £8,995

2007 (57) Nissan Qashqai 2.0, beige, alloy wheels, air con, remote locking, e/windows, e/mirrors, one owner, 39,000 miles only Was £8,995 Now £7,995

2011 (61) Vauxhall Meriva 1.4, silver, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 17,000 miles only Was £7,995 Now £6,995

2011 (11) Renault Clio Estate 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, half leather seats, Sat Nav, parking sensors, 16,000 miles only, one owner Was £7,995 Now £6,995

2011 (11) Renault Modus 1.6 Automatic, beige/silver, alloy wheels, air con, remote locking, half leather seats, cruise control, e/windows, e/mirrors, one owner, 18,000 miles only Was £7,995 Now £6,995

2007 (57) Citroen C4 Picasso 1.6 Diesel, mauve, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/mirrors, CD player, 7 seater, 40,000 miles only Was £7,995 Now £6,995

2011 (61) Vauxhall Meriva 1.4, beige, air con, remote locking, cruise control, e/windows, e/mirrors, parking sensors, one owner, 33,000 miles only Was £7,995 Now £6,995

2009 (09) Renault Scenic 1.4 TCE, silver, alloy wheels, air con, remote locking, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, CD player, 40,000 miles only Was £7,495 Now £6,495

2008 (58) Ford C-Max 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, 49,000 miles Was £7,495 Now £6,495

2011 (60) Vauxhall Meriva 1.4, blue, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 28,000 miles only Was £7,495 Now £6,495

2011 (11) Vauxhall Meriva 1.7 CDTi, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 59,000 miles Was £6,995 Now £5,995

2009 (59) Vauxhall Astra Estate 1.7 CDTi, red, alloy wheels, air con, half leather seats, remote locking, e/windows, e/mirrors, CD player, £30 a year road tax Was £5,495 Now £4,495

SOLD 2008 (58) Peugeot 308 1.6 Sport, silver, alloy wheels, air con, remote locking, e/windows, e/mirrors, parking sensors, CD player, 50,000 miles Was £5,995 Now £4,995

SOLD 2006 (55) Ford Focus 1.6 Auto, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 42,000 miles only Was £4,695 Now £3,695

2006 (56) Renault Scenic 1.6, grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 50,000 miles only Was £4,495 Now £3,695

2009 (09)
Renault Scenic 1.4
TCE



£6,495

silver, alloy wheels, air con, remote locking, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, CD player, 40,000 miles only

2009 (09)
Mitsubishi L200
Double Cab 2.5,



Was £10,495 Now £8,995

grey, alloy wheels, central locking, CD player, 56,000 miles, NO VAT

2011 (60)
Vauxhall Meriva 1.4



£6,495...CHOICE OF 3!

blue, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 28,000 miles only

»»»» AUTOMATICS ««««

2011 (11) Renault Clio Estate 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, half leather seats, Sat Nav, parking sensors, 16,000 miles only, one owner Was £7,995 Now £6,995

2011 (11) Renault Modus 1.6 Automatic, beige/silver, alloy wheels, air con, remote locking, half leather seats, cruise control, e/windows, e/mirrors, one owner, 18,000 miles only Was £7,995 Now £6,995

2011 (11) Vauxhall Meriva 1.7 CDTi, beige, air con, remote locking, e/windows, e/mirrors, parking sensors, cd player, one owner, 59,000 miles only Was £6,995 Now £5,995

2006 (56) Nissan Micra 1.2 Auto, blue, remote locking, e/windows, CD player, 45,000 miles Was £4,995 Now £3,995

2006 (55) Ford Focus 1.6 Auto, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 42,000 miles only Was £4,695 Now £3,695

»»»» SMALL CARS ««««

2010 (60) Mini One Diesel 1.6, yellow, air con, remote locking, e/windows, e/mirrors, CD player, 40,000 miles £0 road tax Was £8,995 Now £7,995

2009 (09) Ford Fiesta 1.6 Ghia (new shape), purple, alloy wheels, air con, remote locking, cruise control, e/windows, e/mirrors, one lady owner, 34,000 miles only Was £7,995 Now £6,995

2011 (61) Vauxhall Corsa 1.3 CDTi, grey, air con, remote locking, e/windows, e/mirrors, one owner, 39,000 miles only Was £7,495 Now £6,495

2011 (61) Nissan Micra 1.2 New Shape, grey, remote locking, e/windows, CD player, ideal first car, cheaper tax & insurance, 34,000 miles only Was £6,995 Now £5,995

SOLD 2010 (60) Peugeot 207 1.4, black, air con, remote locking, e/windows, e/mirrors, CD player, 38,000 miles only Was £6,995 Now £5,995

2011 (11) Fiat Punto 1.4 Evo, black, remote locking, e/windows, e/mirrors, CD player, one owner, 39,000 miles only Was £5,995 Now £4,995

2008 (08) Nissan Micra 1.2, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, 40,000 miles only Was £4,995 Now £4,995

2007 (07) Fiat Panda 1.2, yellow, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 46,000 miles only, one owner Was £4,495 Now £3,495

»»»» CONVERTIBLES ««««

2003 (03) Mercedes SL350 Auto, silver, alloy wheels, climate control, heated electric leather memory seats, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, electric hood hard top, 59,000 miles Was £13,995 Now £11,995

2009 (09) Ford Focus CC 2.0, bronze, alloy wheels, air con, remote locking, electric hood, e/windows, e/mirrors, parking sensors, CD player, 42,000 miles only Was £7,995 Now £6,995

2008 (08) Peugeot 207 Sport Coupe Cabriolet, silver, alloy wheels, air con, remote central locking, power hood, heated seats, e/windows, e/mirrors, 62,000 miles Was £5,995 Now £4,995

2002 (02) Mercedes SLK 230 Kompressor Auto, blue, alloy wheels, cruise control, remote central locking, e/windows, e/mirrors, leather seats, power hood, air con, 63,000 miles Was £5,495 Now £4,495

2006 (56) Vauxhall Astra Twintop 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, electric hard top, CD player, 64,000 miles Was £5,495 Now £4,495

2006 (56) Renault Megane Convertible 1.6, silver, alloy wheels, air con, remote locking, electric hood, e/windows, e/mirrors, CD player, 53,000 miles only Was £4,995 Now £3,995

»»»» PART EXCHANGE ««««

1998 (R) Audi A4 1.8, silver, alloys, a/c, CD player, 143k £400

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(12) Audi A3 1.4 TFSI Sport, 3dr, silver 12,352 miles FSH	£12,499	(63) Renault Captur 0.9 TCE 90 Dynamique black, 16k	£12,499	(11) Renault Megane 1.6 Dynamique TomTom Grey, 44k	£6,999
(56) Audi A4 1.8T 2dr, convertible Grey	£5,999	(63) Renault Captur 0.9 TCE 90 Expression+, orange, 12k	£10,999	(61) Renault Megane 1.4 16V CT GE GT black	£11,999
(11) Audi A5 2.0T FSI S Line, 2dr, convertible, Grey	£16,999	(12) Renault Clio 2.0 Sport 200, 23k, white	£12,299	(61) Renault Scenic 1.6 VVT Dynamique Brown, 25k	£8,499
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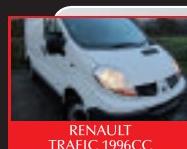
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USED CAR SELECTION

(61) Ford S-Max 2.0 TDCi Zetec 5dr, MPV, Black,

87,500 miles £9,795

(11) Vauxhall Insignia 2.0 CDTi 5dr, Black, 47,980 miles

..... £8,295

(09) Ford Mondeo 2.2 TDCi Titanium X 5dr Diesel

Estate, Black, 87,000 miles £7,795

(59) Honda Jazz 1.4 Ex-T 5dr Red, semi-automatic,

26,250 miles £6,695

(10) Hyundai i30 1.6 Comfort 5dr hatchback, red,

14,400 miles £6,495

(61) Ford KA 1.2 Zetec 3dr, Silver, 52,050 miles £5,295

(09) Renault Trafic 1996cc SL27 DCI 115 white panel

van, diesel £4,995

(59) Citroen C3 1.4 HDi Airdream, 5dr, Silver,

50,103 miles £4,695

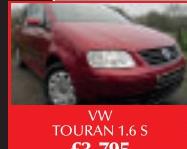
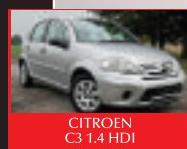
(09) Peugeot 308 1.4 S 5dr, Blue, 48,340 miles £4,495

(08) Honda Civic 1.4-iDSi SE Plus 5dr, Black,

108,130 miles £4,295

(03) Mini Hatch One 1.6, Auto, silver, hatchback,

47,600 miles £3,995



(59) Renault Clio 1.2 16V Extreme, 3dr, Red,

50,551 miles, IDEAL FIRST TIME CAR £3,995

(07) Peugeot 207 1.4 HDi S 5dr, Silver, diesel,

90,080 miles £3,495

(05) Ford KA 1.3i 3dr hatchback, silver, 41,800 miles,

LOVELY FIRST CAR £1,995

(L) FIRST TIME CAR? P

(59) Renault Clio 1.2 16V Extreme, 3dr, Red,

50,551 miles, IDEAL FIRST TIME CAR £3,995

(07) Peugeot 207 1.4 HDi S 5dr, Silver, diesel,

90,080 miles £3,495

(05) Ford KA 1.3i 3dr hatchback, silver, 41,800 miles,

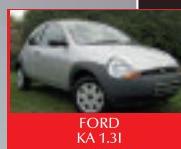
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£5,295

VAUXHALL INSIGNIA 2.0 CDTI
£8,295

HONDA CIVIC 1.4-iDSI
£4,295

RENAULT CLIO 1.2 16V
£3,995



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- (55) Mazda 3 1.6 Sakata 5DR, in blue, one owner, low mileage, FSH, immaculate condition, alloys, air con, full electric pack and much more £3495 or £15pw
- (07) Saab 9-3 Vector Sport Estate, immaculate through-out, with many extras including sat nav, climate/cruise control, half leather and much more £3695 or £16pw
- (57) Renault Clio Dynamique Turbo 5DR, in grey, one previous keeper, low mileage, main dealer FSH, fitted with many factory extras, value £3995 or £17pw
- (53) Land Rover Freelander Commercial TD4 Diesel 4x4, in black, one owner, service history immaculate condition, with many factory extras £3995 +VAT
- (06) Mazda 5 Sport 7 Seater MPV, in silver, one owner, low mileage, FSH, superb condition through-out, with many factory fitted extras, value at £3995 or £17pw
- (06) Toyota Avensis T-Spirit 5DR, in silver, one owner, low mileage, FSH, immaculate condition, full leather, air con, alloys, full electric pack and more £4495 or £18pw

CARS FROM £20 PER WEEK

- (55) Volkswagen Beetle Luna Convertible, in silver, FSH, 47,000 miles from new, superb condition, air con, alloys, iPod connection, power hood £4995 or £20pw
- (07) Toyota Corolla Verso T2 7 Seater MPV, in silver, superb condition, low mileage, FSH, air con, abs, CD, full electric pack and more, superb £4995 or £20pw
- (61) Kia Picanto 1.0 5DR, choice of 4 in black or silver, all low mileage, remainder of manufacturers warranty, air con, alloys and more, RFL exempt, value from £4,995
- (59) Kia Ceed 1.4 SR 5DR, finished in black, one owner, main dealer FSH, low mileage, alloys, air con, CD, full electric pack and much more, value at £4995 or £20pw
- (10) Nissan Note 1.4 Acenta MPV, in bronze, one previous keeper, low mileage, FSH, immaculate condition, with many factory fitted extras, value £4995 or £20pw
- (06) Honda Civic SE i-CDTi Diesel 5DR, in grey, low mileage, FSH, full leather heated seats, climate/traction control, alloys and much more, superb £4995 or £20pw
- (08) Honda Jazz DSI SE 5DR, in grey, low mileage, FSH, superb condition, air con, alloys, abs, CD player, central locking, full electric pack and more, value £5295 or £22pw
- (08) Fiat 500 Lounge, in met blue, one owner, FSH, £30 RFL, panoramic sunroof, immaculate, fitted with many factory extras, great value at £5495 or £23pw
- (08) Ford Focus 1.8 TDCi Ghia Diesel 5DR, in saturn, one previous keeper, low mileage, FSH, air con, cruise control, auto lights and more £5695 or £24pw
- (11) Toyota Yaris 1.3 T-Spirit 5DR, finished in met grey, £30 per year road tax, one owner, FSH, sat nav, alloys, full electric pack and much more £5695 or £24pw
- (61) Renault Clio Expression Auto 5DR, in met grey, one owner, 19,000 miles, FSH from new, MP3, air con, abs, full electric pack, exceptional condition £5695 or £24pw
- (10) Mazda 2 Sport 1.5 3DR, in silver, low mileage, one previous owner, FSH, cruise/climate control, alloys, full electric pack and more, low RFL £5695 or £24pw
- (08) Renault Megane Dynamique DCi Diesel Convertible, in silver, one owner, FSH, only 29,000 miles, alloys, air con, pan sunroof and much more £5995 or £25pw
- (11) Nissan Micra 1.2 Tekna 5DR, in silver, one owner, FSH, sat nav, Bluetooth, pan roof, air con, alloys, cruise/traction control, full electric pack and more £5995 or £25pw
- (61) Nissan Note 1.4 N-Tec 5DR, in black, main dealer FSH, only 20,000 miles from new, sat nav, climate/cruise control, Bluetooth and more £5995 or £25pw
- (08) Toyota Avensis TR D-4D Diesel 5DR, in silver, one owner, FSH, superb condition, sat nav, Bluetooth, parking sensors, cruise control and more £5995 or £25pw
- (61) Renault Grand Modus Dynamique Auto 5DR, in black, low mileage, FSH, half leather, air con, auto lights, abs, full electric pack and more £5995 or £25pw
- (12) Vauxhall Astra Sportive CDTi Diesel 125 Van, in silver, one previous keeper, FSH, immaculate condition, Bluetooth, 6 speed and more, value £5995 +VAT
- (10) Peugeot 207 SW Sport Auto Estate, in grey, one previous keeper, low mileage, main dealer FSH, pan roof, climate control, alloys and more £5995 or £25pw

CARS FROM £30 PER WEEK

- (13) Smart ForTwo Edition 21 Auto Convertible, in black, one owner, main dealer FSH, only 11,000 miles, RFL exempt, low running costs, very high spec £7495 or £32pw
- (60) Saab 9-3 Aero 1.9 Diesel, one owner, service history, full leather, heated seats, climate control, alloys, parking sensors, full electric pack and more £7495 or £30pw
- (61) Chevrolet Orlando LT 7 Seater 5DR, in black, one owner, 20,000 miles, FSH, abs, air con, alloys, full electric pack and more, immaculate condition £7695 or £33pw
- (10) Vauxhall Insignia Sri Automatic, in silver, low mileage, main dealer FSH, Bluetooth, alloys, air con, parking sensors, cruise control and more £7995 or £34pw
- (61) Mazda 2 Sport Diesel 5DR, in grey, low mileage, immaculate condition through-out, fitted with a vast array of factory extras, great value £7995 or £34pw
- (11) Nissan Juke Acenta 5DR, in saturn, one owner, low mileage, fitted with many factory extras, superb condition through-out, great value at £7995 or £34pw
- (09) Mini Cooper, in grey, one owner, low mileage, FSH, with many extras including air con, alloys, half leather, abs, electric pack and more £7995 or £34pw
- (61) Citroen DS3 E-HDI DStyle Diesel, in black with white roof, one owner, main dealer FSH, RFL exempt, alloys, air con, Bluetooth, cruise and more, £7995 or £34pw
- (13) Skoda Fabia S TSI Auto 5DR, in met blue, one owner, FSH, 14,000 miles, with many factory extras including air con, alloys, electric pack and more £7995 or £34pw
- (06) Lexus IS 250 SE-L Auto, in silver, one previous keeper, FSH, only 27,000 miles, full leather heated seats, cruise/climate control, alloys and more £8695 or £36pw
- (13) Vauxhall Corsa Limited Edition, choice of 2 white or red, one owner, FSH, 10,000 miles, high spec, black alloys, pan roof, air con, climate £8695 or £36pw
- (56) Volvo XC70 D5 SE Diesel Auto Estate, in mauve, one owner, main dealer FSH, low mileage, full leather, alloys, air con, cruise, abs and more £8695 or £37pw
- (09) Vauxhall Antara SE CDTi Diesel Auto 5DR, in blue, one owner, low mileage, FSH, leather heated seats, sat nav, Bluetooth, parking sensors £8995 or £38pw
- (60) Honda Civic Type S GT, in silver, one owner, FSH, only 20,000 miles, immaculate condition through-out, with many factory fitted extras, superb £8995 or £38pw
- (56) Volkswagen Golf GTI Auto 5DR, in black, one owner, FSH, full leather, pan roof, black alloys, air con, CD, abs and much more, immaculate £8995 or £38pw
- (12) Hyundai ix20 Active Auto MPV, in grey, only 9,000 miles, one owner, FSH from new, Bluetooth, air con, alloys, CD, keyless entry, and more, low RFL £8995 or £38pw

CARS FROM £10 PER WEEK

- (07) Nissan Note SE DCi Diesel, in blue, one owner, main dealer FSH, immaculate through-out, air con, full electric pack, auto lights, CD and more £4495 or £18pw
- (60) Peugeot 107 1.0 Urban 5DR, in silver, very economical, £20 RFL, FSH, superb condition through-out, with a vast array of factory fitted extras, value at £4495 or £18pw
- (11) Mitsubishi Colt, in black, one owner, FSH, only 25,000 miles, very economical, fitted with a vast array of factory extras, immaculate condition £4495 or £18pw
- (58) Renault Grand Modus Dynamique DCi Diesel 5DR, in blue, one previous keeper, FSH, 30,000 miles, with many extras, very economical, £30 RFL £4695 or £19pw
- (08) Kia Carens GS CRDi Diesel Auto 7 Seater MPV, in blue, one previous keeper, FSH, fitted with many factory extras, immaculate condition through-out £4695 or £19pw

CARS FROM £20 PER WEEK

- (11) Peugeot 308 Access HDi Diesel 5DR, in grey, one owner, FSH, £20 RFL, very economical, Alloys, air con, abs, iPod Connection and more £5995 or £25pw
- (12) Ford Ka 1.3 Zetec, finished in white, one owner, main dealer FSH, £30 RFL, stop/start, alloys, abs, air con and much much more, great value at £5995 or £25pw
- (60) Kia Venga 2 5DR, in silver, low mileage, low insurance, main dealer FSH, remainder on manufacturers warranty, with many factory extras, value at £5995 or £25pw
- (58) Citroen C4 Picasso VTR Plus Diesel Auto 5DR, finished in silver, FSH, alloys, air con, alarm, full electric pack, parking sensors and much more £5995 or £25pw
- (09) Mazda 6 TS2 5DR, in grey, one owner, main dealer FSH, only 40,000 miles from new, air con, cruise/traction control, alloys, and more, value £6295 or £26pw
- (60) Vauxhall Meriva SE MPV, in blue, low mileage, FSH, with many factory extras including pan roof, air con, full electric pack and more immaculate £6495 or £26pw
- (60) Vauxhall Astra 1.6 Sri Auto 5DR (New Shape), in silver, one previous keeper, low mileage, FSH, alloys, air con, cruise/traction control £6495 or £26pw
- (59) Vauxhall Astra 1.6 Sri 5DR, in saturn, one owner, FSH, superb condition, with many extras including air con, alloys, full electric pack and more £6495 or £26pw
- (11) Smart For Two Cabrio Passion Convertible Auto, in white, 20,000 miles, one owner, FSH, MP3, alloys, sat nav, Bluetooth, heated seats, value £6495 or £26pw
- (12) Ford Fiesta 1.4 Zetec Auto 5DR, in blue, low mileage, FSH, superb condition through-out, air con, alloys, CD player, full electric pack and more £6995 or £29pw
- (61) Kia Soul 2 CRDi Diesel 5DR, in silver, one owner, low mileage, main dealer FSH, alloys, air con, full electric pack, abs, CD and more, value at £6995 or £29pw
- (59) Ford Mondeo Titanium TDCi Diesel 5DR, in grey, one previous owner, FSH, low mileage, very economical, fitted with an array of factory extras, value £6995 or £29pw
- (06) Honda CR-V Executive auto Estate, in black, one owner, FSH, full leather, pan roof, climate/cruise control, alloys, roof rails and more, superb £6995 or £29pw
- (61) Mitsubishi Lancer Gs2 Di-D Diesel 5DR, in silver, one owner, low mileage, main dealer FSH, 6 speed, parking sensors, sports seats and more £6995 or £29pw
- (10) Skoda Octavia SE TSI 5DR, in silver, low mileage, main dealer FSH, 6 speed, alloys, air con, Bluetooth, full electric pack and more £6995 or £29pw
- (11) Renault Scenic Dynamique Tomtom MPV, in bronze, one owner, low mileage, FSH, immaculate condition, fitted with many factory extras £6995 or £29pw
- (61) Fiat Doblo Dynamic 7 Seater 5DR, finished in met light blue, one owner, FSH, air con, CD, full electric pack, roof rails and much more £6995 or £29pw
- (13) Volkswagen Up Move 1.0, in black, one owner, only 9,000 miles, FSH from new, low insurance, very economical, air con, abs, CD and much more £6995 or £29pw
- (61) Vauxhall Corsa 1.2 SXi Diesel 5DR, in silver, only 20,000 miles from new, one owner, FSH, £30 RFL, many factory fitted extras, value at £6995 or £29pw

CARS FROM £30 PER WEEK

- (61) Ford Grand C-Max Titanium TDCi Diesel 7 Seater, in saturn, one owner, FSH, Bluetooth, privacy glass, air con, alloys, parking sensors and more £8995 or £38pw
- (60) Volkswagen Jetta SE TDI Diesel Auto, in met blue, one owner, FSH, low mileage, low running costs, climate/cruise control, parking sensors and more £8995 or £38pw
- (61) Volkswagen Touran SE TDI Diesel 7 Seater MPV, in grey, one owner, FSH, immaculate condition through-out, with many factory fitted extras £8995 or £42pw
- (61) Alfa Romeo Giulietta 1750 TBi Cloverleaf 5DR, in saturn, one previous keeper, FSH, 6 speed, half leather sports seats, climate/cruise and more £10,995 or POA
- (62) Ford B-Max Titanium 1.0 Eco Boost (New Model), in black, one owner, FSH, only 20,000 miles, £30 RFL, twin sliding rear doors, Bluetooth £10,995 or POA
- (58) Audi A5 TDI Diesel Auto, finished in black, low mileage, FSH, full leather, climate/cruise control, alloys, auto lights and much more, stunning £11,995 or POA
- (57) Nissan X-Trail Aventura Explorer DCi Diesel Auto, in grey, sat nav, full leather, alloys, pan roof, only 40,000 miles, one previous owner, FSH, superb £11,995 or POA
- (61) Ford Galaxy Zetec TDI Diesel Auto 7 Seater, in blue, one owner, only 30,000 miles from new, FSH, fitted with an array of extras, exceptional condition £12,695 or POA
- (11) BMW 118 Sport Convertible, in blue, one owner, main dealer FSH, full leather, climate/cruise, Bluetooth, parking sensors, 6 speed, sports seats £12,995 or POA
- (61)
- (13) Kia Sportages 1 & 2 Diesel/Petrol Manual/Automatic, choice of 8, choice of colours, all with manufacturers warranty, value from £12,995 or POA
- (11) Audi A3 Sportback TDI S-Line Diesel 5DR, in blue, one owner, main dealer FSH, sat nav, full leather, Bluetooth, climate/cruise, parking sensors £13,695 or POA
- (12) Volkswagen Scirocco GT TDI Diesel Bluemotion Auto, one previous owner, low mileage, FSH, adaptive chassis control, stop start, Bluetooth £13,995 or POA
- (61) Audi Q5 TDI Quattro SE Diesel Estate, in black, FSH, 6 speed, full leather, climate/stability/cruise control, alloys, parking sensors and more £16,995 or POA
- (11) Mitsubishi Shogun Elegance Diesel Auto LWD 7 Seater, in black, one owner, FSH, full leather heated seats, sat nav, Bluetooth, parking camera £17,995 or POA
- (12) Isuzu Rodeo TD Denver Max LE Diesel Pick-up, in black, one owner, 7,000 miles, FSH, crew cab, full leather heated seats, sat nav, Bluetooth £17,995 +VAT or POA

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†Source: December 2013 Nissan Europe Customer Satisfaction survey of 498 LEAF buyers across UK, Portugal, Spain, Sweden, Denmark, Switzerland, Norway and France, who had owned their car for approximately one month. Model shown is LEAF Visia, 80 kW AC electric motor. Nissan Motor (GB) Ltd, The Rivers Offtice Park, Denham Way, Rickmansworth, Hertfordshire WD3 9YS.

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Mark Hall Academy Harlow



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27.5 hrs/week, term time + 5 days
Band 3 to midpoint
Required: ASAP

You will:

- Be highly organised, able to prioritise and have a keen eye for detail
- Have experience of administrative work
- Have a good level of computer literacy
- Have GCSE or equivalent in Maths and English and educated to at least NQF level 2

The Governing Body is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share in this commitment. All appointments subject to satisfactory medical/Enhanced DBS clearances and references.

Closing date: 18.01.15

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The school is committed to safeguarding and promoting the welfare of children and young people and expects all members of staff to share this commitment. A check by the Disclosure and Barring Service, alongside other employment checks, is required.

Further details and an application form are available from the school. This information is also available on our website.

Closing date for applications: midday on Monday 26 January 2015. Interviews will be held on Friday 30 January 2015.

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This is a part time role of 22.5 hours per week, 3 hours on Mondays then 19.5 hours worked on Tuesday, Wednesday and Friday finishing no earlier than 5pm. Salary £11,430

FACILITIES SUPPORT OPERATIVE**REQUIRED: IMMEDIATELY**

Working for the Estates and Facilities Department, Support Operatives provide assistance to all areas of the College. The role involves cleaning, setting out classrooms, preparing for events and other essential duties. A Full Clean Driving Licence is essential.

This is a full time post working 40 hours per week, Monday to Friday, (including a one-hour unpaid lunch break) plus 3 hours on Saturday mornings during term-time only. Salary £16,675

For an application form and further details, please visit www.bishops-stortford-college.herts.sch.uk or contact Laura Howes on 01279 838351 or laura.howes@bishopsstortfordcollege.org

CLOSING DATE: 16th January 2015 at 5pm



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Previous experience would be welcome but not essential, as successful applicants will participate in a thorough induction and training package.

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General Vacancies

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Burnt Mill Academy

Salary Range: LGS Band 2 Point 11-14
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Visits to our Academy are very welcome.

For further details and an application form, please contact Evelyn Gardner, Secretary to Associate Headteacher on 01279 307251 or email gardnere@burntmill.essex.sch.uk

Closing date: Friday 23rd January 2015

Burnt Mill Academy Trust is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment.

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Please e-mail cv to info@clevercloggsdaynursery.co.uk

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If you enjoy cleaning & domestic tasks, & communicate well with older people, we have the opportunity for you. Work in your local area, flexible part-time hours between 9am & 5pm weekdays only. £7.65 ph plus regular holiday pay. Car drivers preferred.

To apply call 01707 386068

General Vacancies

**Customer Service Executive**

Simply Washrooms
Salary dependant on experience

This is a part time position with flexible working hours in a growing business based near North Weald.

A varied role, including client queries, credit control and general office duties.

Must be proficient in computer systems.

Should be friendly, professional, with the ability to work on own initiative and thrive in a team environment. Strong work ethic essential.

Please send CV with covering letter to jobs@simplywashrooms.com

Elsenham Surgery**Have a vacancy for a part-time
Receptionist/Administrator
20 hours per week**

The ideal candidate will be flexible, enthusiastic, and patient focused. Previous primary care experience is preferred; you must be self-motivated as well as being able to work well as part of our friendly team.

Application by CV to Karen Greaves Practice Manager kgreaves1@nhs.net

**Experienced
Food prep
person required
in busy
coffee shop.**

Call 07532 075 945

WAREHOUSE Operative Local person required to be part of a small team.
Duties: Forklift, checking in goods accurately and stock checking.
Please call 01992 511051 after 2pm.

Jobs

Construction Vacancies

EXPERIENCED LOADING SHOVEL DRIVERS

Required for new and existing sites in the Hertfordshire/Cambridgeshire area. Must have experience in loading lorries. Immediate start and company van for the right person. Full/part time, employed/self employed.

T:01279 851106 | M:07754 238968

Jobs

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**Pre-School Practitioner****LITTLE SAINTS**

Saint Nicholas Pre-School
Required as soon as possible

Due to an increase in numbers at our thriving new pre-school we are seeking to appoint an additional full-time practitioner to join Little Saints. The successful candidate will be a highly professional, experienced and child-centred practitioner who can organise and lead a varied and rich curriculum and articulate the attributes of the School's ethos.

Please visit the school website for full details and an application form. The closing date for applications is Friday 16th January at midday.

Hobbs Cross Road, Old Harlow, Essex, CM17 0NJ
Tel: 01279 429910
Email: heads_pa@saintnicholasschool.net
www.saintnicholasschool.net

Saint Nicholas School is committed to safeguarding and promoting the welfare of children. An enhanced DBS will be required upon appointment



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SILVER Cross Pram System. Ventura plus 3d pram system, colour rouge, includes pram system body, pram liner, hood, apon, foot muff and raincover. Converts from pram to push chair with attachable car seat from birth, boxed in excellent condition £99 Tel: 07821 583646

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ICANDY Peach2 Black Magic Stroller with rain cover and instructions. Almost as new, cost £640. £350 onto. Tel: 07767 688625

ICANDY Peach2 Black Magic Stroller with rain cover and instructions. Almost as new, cost £640. £350 onto. Tel: 07767 688625

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BMX bike Emmelle Rodeo bmx style bike, gold, good condition, 16" wheels. £20 Tel: 01462 442229

MOUNTAIN bike Ladies mountain bike for sale £10 Tel: 07876 711600

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MANCHESTER United jacket 2XL black quilted stadium jacket, all zips in working condition three quarter length £25 Tel: 01462 632055

LADIES SHEEPSKIN COAT Full length. Size M (12-14). Excellent quality. Immaculate condition. £70 Tel: 01920 781045

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LADIES Vintage Fur Coat Good quality and nice colour. Fashionable and stylish. Very warm and comfortable to wear. Trendy and glamorous. £65 onto Tel: 01462 534910

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FOUR Pairs Men's shoe size 6. Four pairs of men's shoes two pairs black and two pairs brown plus a pair of slippers all size 6. Very good condition £20 for the lot Tel: 01438 226068

Mobility

WANTED

Carer Required

Elderly Harlow lady in own home requires experienced female carer for daily 'home care' services. Hours and rates negotiable. Call to discuss if interested. Tel: 07767 336512

ROLLATOR Topro Eco model. Light weight, 4 wheels, basket, seat and brakes. Folds flat and stands on its wheels for easy storage. Ideal for people who travel. Can deliver. £95 onto Tel: 01438 318734

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DOLLS Pram Unwanted gift. Small Muver red wooden dolls pram. Still in original box, selling at Debenham's at £75.00. Will accept £45.00 onto. Tel: 07796 844143 01462 453610

PUPPY Princess styling head. Hair styling set 24 pieces including jewellery, nails, hair clips and strands still in original box an unwanted Christmas present. £10 Tel: 07525 258783

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PINK wooden brick baby walker excellent condition still got the original box £8 onto

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Mobility

WANTED

Carer Required

Elderly Harlow lady in own home requires experienced female carer for daily 'home care' services. Hours and rates negotiable. Call to discuss if interested. Tel: 07767 336512

Cats

Birds

Chickens

MISSING SINCE

FRANK - MISSING CAT

Male Brown Spotted Bengal Cat. Missing from Farndon Road, Bishop's Stortford. Wearing red collar, he is neutered and micro-chipped. Substantial reward offered.

Bishop's Stortford 01279 653701 or 07850 176667

Dogs

LOST BLACK & WHITE FLUFFY CAT

Our cat Frank got into the back of a delivery van on the morning of 17th December. He ran off after the door was opened at the next delivery stop behind the Stansted Audi dealership at Start Hill, near Bishop's Stortford. He is micro chipped and has a very distinctive large fluffy black tail. We miss him so much and are desperate to find him.

Tel: 07767 336512

HAPPY HOUNDS DOG WALKING

We went missing from Smarts Green, Adamsfield Chestnut on 20th October. He was wearing a red collar with a bell and name tube.

Reward offered for information leading to his return. We desperately want him back.

£0

Flemstead End/Adamsfield

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AS NEW RABBIT HUTCH

50in x 20in, bail of hay and ball of shavings included. Originally cost £66 new.

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Harlow 01279 422752

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HAY From PAO, STRAW, CHIPS animal and bird feed. St Lawrence Farm, Nazlinc, 01992 892139 www.stlawrencefarm.co.uk

MEADOW Hay Barn stored, no weeds £3.50 per bale. 01279 718389

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INDESIT dishwasher idf125 white digital display rrp£299 £149 warranty Tel: 01908 969927 07495 498220

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Lighting

TABLE lamp Tiffany style table lamp, mostly blue no damage to glass shade. £5 Tel: 01438 226068

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LEATHER SOFA X 2 PLUS RECLINER CHAIR

Ex Fishpools, 2 two seater leather sofas and 1 recliner chair. Dark forest green, 6 years old and in very good condition. Sofas lxdw = 160cm x95cm x100cm and chair 100cm x95cm x100cm.

£230

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Very nice modern off white, L 160cm D 90cm, Seat size 63 cm width, 16 months old. Excellent condition. £325 for both sofa's.

£325

01371 870424

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FRENCH Unique mahogany Bespoke Ornate Cabinet Sideboard Chateau Shabby Chic Italian Unit rrp£799 299 Tel: 01908 969927 07403 003578

TV Unit Black three tier glass tv unit for sale. Width 120cm, height 50cm, depth 40cm. Excellent condition. Collection only Stevenage, Herts. £30 Tel: 07824 428609

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TV unit Black glass three tier TV unit. Width 120cm, height 50cm, depth 40cm. Excellent condition. Collection only Stevenage, Herts. £30 Tel: 07824 428609

2 SOFAS (Cost £3,200) Two/three seater, neutral fabric. Ex. Fishpools. vgc £195 Tel: 01908 969927 07516 657360

BOOK ONLINE

Service Directory

Trade: 01992 526666

Lounge & Conservatory Furniture

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LEATHER settee Ox blood leather three seater Settee. Matching chair an extra £60. Phone after 5.00 pm £100 Tel: 0739 233437

NATHAN Classic Teak corner open shelf storage unit, vgc. H74cm, W70cm, D45cm. £30. Tel: 01992 449300

SOFA 2 seater sofa white with lower covers, very good condition £50 ono Tel: 01279 36531

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TAPE to USB converter ION— USB Cassette Adapter Tape 2PC. Unused. Boxed £35 Tel: 01992 467736

TVs

PANASONIC 26 inch TV Flat screen 26 inch television. HD ready. HDMI and scart inputs and built in freeview. Complete with controls and instructions. Very slight clouding to small area but nothing that ruins viewing. Based in Hertford Tel: 07941 342633

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CAMCORDER flip mini Camcorder Flip Mino HD 3rd Generation 4GB Silver. Boxed and brand new, unused present. 01462 458010 £50 ono Tel: 01462 458010

ELC—HICKS Domestic work undertaken. Which trusted trader, NAPIT approved. Call Darren 0787

HARLOW Electricians 24/7. Honest electrician, same day service. Part P. Ref. Won't be beaten on price. Free quote & call out. 01279 305343. 07428 178540.

A.A LOCAL ELECTRICIAN Fully guaranteed, sockets, lights, cookers, showers, fuse boards, landlord certificates. 07799 626411

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Planning Notices

PUBLIC NOTICE Designation of an Area for Additional Licensing UNDER Section 56, Housing Act 2004

Harlow District Council ("the Council"), Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG, in exercise of its powers under Section 56 of the Housing Act 2004 ("the Act") has on the 18th December 2014 designated all land in the Council's administrative district as subject to Additional Licensing for the purposes of that section.

The Designation shall come into force on 15th April 2015 and shall cease to have effect on 14th April 2020. Under Section 58 of the Act, this designation falls within a description of designations for which the Secretary of State has issued general approval dated 30 March 2010. This means that following a minimum of 10 weeks consultation with persons who are likely to be affected, every local housing authority in England has the Secretary of State's general approval to designate an area as subject to Additional Licensing.

This designation shall apply to all Houses in Multiple Occupation (HMO's) as defined by Section 254 of the Act which includes flats in multiple occupation in purpose built blocks or converted buildings that are not required to be licensed as a whole.

The proposed scheme includes all Houses in Multiple Occupation (HMO's) in the designated area that are not already subject to Mandatory Licensing(exempted by the relevant sections of the Housing Act 2004), with the exception of premises which comply with an approved Codes of Practice.

Further, with regard to HMO's that meet the definition contained in section 257 of the same Act, this Designation shall not apply except in the case of those that are mainly or wholly tenanted, including those with resident landlords, or where a significant proportion of owner occupied flats have been let by the owners.

The Council may be contacted at

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The Water Gardens
Harlow CM20 1WG
Tel. 01279 446655
email contact@harlow.gov.uk

where the designation may be inspected; and where applications for licences and general advice may be obtained.

Any landlord, person managing or tenant within the designated area is advised to seek advice from the Council on whether their property is affected by the designation

Failure to license an HMO is a criminal offence for which an owner can be prosecuted and can be fined up to £20,000. In the Council can in certain cases make a Management Order and take over the management of the property. The owner will not have access to the property and the rent will be collected by the Council. Where owners have been prosecuted tenants can claim back any rent they have paid to the landlord whilst the property was not licensed.



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Admiral sail to Fours triumph

EIGHTY-eight players started Harlow Premier Darts League's Knockout Fours competition at the GPCA last Friday.

Two White Admiral teams contested the best of three legs 801 final.

White Admiral A's team of John Cashman, Bob Galloway, Andy Hentall and John Wildish, edged out the White Admiral C side of Dave Galloway, Andy Booth, Luke Arber and Malcolm Copas 2-1 in a close-fought final.

Admiral C had overcome Green Link B (Damian Green, Ron Green, Ashley Rawlinson and Gordon Chapman) 2-0 in the semi-final.

Admiral A beat Servo Link A (Steve Slack, Roy Leftwich, Eli Leftwich and James Jennings) 2-0 in their last four tie. Other results: Preliminary round: Sawbo Brewery (A) 1, Tye Green Pirates (A) 2; Tye Green Foxes (C) 0 Sawbo Brewery (B) 2; White Admiral (B) 2, Tye Green Foxes (A) 1, Paragon Social (B) 2 Paringdon Lions (B) 1; Servo Link (A) 2 Sawbo Brewery (C) 1; Tye Green Foxes (B) 0, Moot House (A) 2.

First round: Servo Link (B) 2, Green Link (A) 0; Moot House (B) 0, White Admiral (C) 2; Tye Green Pirates (B) 1, Green Link (B) 2; Paringdon Lions (A) 2; Moot House (C) 1; Paringdon Social (A) 0, White Admiral (A) 2; Tye Green Pirates (A) 1, Sawbo Brewery (B) 2; White Admiral (B) 2, Paringdon Social (B) 0; Servo (A) 2, Moot House (A) 0. Quarter-finals: Servo Link (B) 1, White Admiral (C) 2; Green Link (B) 2, Paringdon Lions (A) 0; White Admiral (A) 2, Sawbo Brewery (B) 0; White Admiral (B) 1, Servo Link (A) 2.

Silvers for athlete duo

SEVERAL athletes from Harlow shone at the Essex Cross Country Championships at Claybury in Essex.

Mark Hall students Jodi Ratcliff and Canaan Solomon secured silver medals in their respective U17 races over 5.4km.

Canaan was just eight seconds behind Basildon's George Elliott in 18min 58sec, while Jodi was ten seconds behind Chelmsford's Jodi Judd in 22.05.

They will represent Essex in the CAU Inter Counties Cross Country Championships on March 7 in Birmingham.

Burnt Mill student Siena Taylor also qualified for Birmingham after taking fifth in the U13 girls' race over 3km in 14:01.

Alicia McArdell (17) was tenth in the U17 girls' 5km in 25:05 and will also be part of the Essex squad at Birmingham.

Other results: Hayden Maleary (13) 8th U13 boys' 3km 12:40; Olivia Corbett U15 girls' race 4.2km 17th 20:05; Julia Sokol 31st 22:27; Kyesha Robinson (13) Burnt Mill 24th 21:04; Hannah Page (12) 19th 15:22.

Results

HARLOW & DISTRICT FOOTBALL LEAGUE: Div Four Kyle Brooks Cup, semi-final: Riley's Rangers 2 (Carl Owen, Dan Lloyd), Langley FC 1 (Sean McAulay). Barretts Rangers 3 (Darren Nelson, Lewis Cox, Bruce Lincoln), Brays Ath 4 (Tom Phillips, 2, Dan Cawell, Jack Margrain). The final will be held at Harlow Arena Sunday March 1 (4pm KO). League Cup, 2nd round: Herberts 1 (Liam Brown), Herberts Res 7 (Aaron Bowden 3, Charlie Coleman, Darren Smith, Dan Hawkins, Richard Budd); Maypole Sports 0, Maiden 8 (Michael Kennedy 4, Chris Drue 2, Anton Collins, Steven Moore).



JOY: Stephanie Cross triumphed

Photo by Michael Loveder

BATTS hosts ping pong cream

Table tennis

THE best young table tennis players in the country converged on the BATTS club in Harlow to compete for the Junior Masters crown.

A total of 24 rising stars – 12 boys and 12 girls – played in the round-robin tournament held at the Norman Booth Leisure Centre in Elderfield, Old Harlow over two days last weekend.

The players qualified on the basis of their national rankings and the line-up included BATTS member Stephanie Cross, from Brentwood.

The lowest-ranked player in the girls' event, her best moment came in her final match when she beat Katie Barlow 3-1 to ensure she finished 11th.

Commonwealth

The girls' event was dominated by Commonwealth Games silver medallist and defending champion Tin-Tin Ho and the English national junior

champion and No 2 seed Maria Tsaptsinos.

Both girls won their first ten matches without dropping a set and met in a last-match decider. And it was Tsaptsinos who continued her excellent form, beating her rival 3-0 to complete an unblemished record.

In the boys' event, English national junior champion Helshan Weerasinghe added the masters title to his collection, winning ten matches on the spin after surprisingly losing his first to No 11 seed Billy Forster.

Twist in the title tail as Hawks beat Abbey

Result elsewhere is a blow for Chapman's flying side

Ryman North

Waltham Abbey	1
Harlow Town	2

THE Hawks held on for three points in their New Year's Day Essex derby at Waltham Abbey, but just when there looked set to be a title twist, Danny Chapman's side missed out.

Harlow had looked set to march two points clear at the top as Needham Market were being held by Suffolk rivals and nine-man AFC Sudbury in normal time.

Sudbury had been a man short since the sixth minute, but then four minutes into second-half stoppage time Needham scored.

The results left Harlow in second in the table before the weekend win over Great Wakering, level on points with Needham.

Goals from Fabion Simms and Billy Jones secured the win at Capershotts for Harlow.

With the top two breaking away from the chasing pack, Hawks boss Chapman believes his club have an ace up their sleeves because they will not lose any home fixtures this winter due to their plastic pitch, and should play less midweek games.

He explained: "Unless we get fixtures called off then we will play midweek but by and large now Saturday through to Saturday, which is always nice because it gives you a little bit more time to prepare for games."

But Harlow held on to seal their 20th win in 27 league games. "It gives players more time to

recover but if we keep progressing the way we are progressing, then hopefully come the end of the season we should be there or thereabouts."

Chapman also says the club's loyal fanbase will be their 12th man this term. He said: "You cannot fault them. They are there week in week out, your hard-core supporters and that's what pushes the club forward – that's what we need."

"If we get promoted I think that fan base will get bigger and bigger but whether it does or it doesn't you are always going to have them hard-core ones that are there week in week out and from myself, the players and the club we thank them greatly for it."

The Abbey line-up included four former Harlow players.

Keeper James May, midfielder Tom Bruno, right-back Ben Hart and midfielder Jon Docker have all had spells at Harlow.

The Hawks took the lead just two minutes before the break. Simms scrambled the ball in from close range when the Abbey defence failed to clear.

Harlow made it 2-0 on 63 minutes. Dave Cowley set up Jones, who headed home.

But the game was back in the balance on 76 minutes when Abbey found the net through sub Darelle Russell after an initial shot struck a post.

Shane Stamp is off target at Waltham Abbey on New Year's Day



Photo by Steve Weemes

Athletes busy at county champs

HARLOW Athletic Club's members were out in force last weekend competing in three different cross country championships.

At the Essex County Championships held near Woodford on Saturday, top times for Ben Sloan and Lewis Harknett have ensured they are on the Essex squad reserve list for the English National Inter Counties Championships in Birmingham on March 7.

Ben was 11th in the U13 boys' 3km race in 12min 56sec.

Lewis was ninth in the U15

boys' 4km race, clocking 16:50.

Other HAC results at Essex were: U13 girls' 3km: Savanna Sirkett 22nd (15:41). U13 boys' 3km: Callum Parish 16th (13:28). Sam Sloan 17th (13:30). Joseph Morgan (14:12). U15 boys' 4km: Christian Barker (18:04). Owen Harknett (18:25). U17 girls' 5km: Amy Edwards 17th (31:14) and Francesca Jarrett (41:12). U17 boys' 5km: Donald Campbell 22nd (23:07). Jamie Rushworth (24:41). Senior men 12km: Brett Savidge 136th (54:11).

The following day the Hertfordshire Champs took place

at St Albans.

Lottie Rowedder (6th, 19:18) and Rebecca Vears (5th, 28:28) qualified for the Herts squad for Birmingham in their respective categories of U15 girls' 4km and U17 girls' 6km.

Other results were: U13 boys' 3km: James Murphy 17th (12:06). U15 girls' 4km: 10th Katie Champion (20:26).

The Cambridgeshire Champs was held in Cambridge on Sunday, and in the U13 boys' 3km race, Kai Boggan was fifth and has gained selection for the national inter counties.

Leopards' twin tests

ESSEX Leopards face a double header at home to Leicester Warriors over the weekend as they look to progress in two different competitions.

The Big Cats will aim to maintain their blistering start to the Division One season when the Midlands side visit Harlow Leisurezone on Saturday (7:30pm) before both sides move on to the Brentwood Centre on Sunday (4pm) for a National Trophy quarter-final.

The games will be the first meetings between the teams this season with Warriors sitting

sixth in Division One with a 5-4 record, while they finished fourth in the northern pool of the Trophy with two wins from five games, edging out Team Northumbria on the head-to-head decider.

Essex are second in Division One with a 7-1 record and three games in hand on leaders Derby Trailblazers, while they won their Trophy group for the first time in their history with five wins from six games.

Leopards opened 2015 with a comfortable 85-71 win at Hemel Storm on Saturday.

Martial arts

Tae kwon do coach's delight at vintage year

2014 a Brit of all right for club with national success

by Alan Scott

alan.scott@hertsessexnews.co.uk

THE December grading was the final piece of the jigsaw in 2014 for Harlow Tae Kwon Do and its students.

Chief instructor Mick Sullivan has been delighted with the efforts of his members over the last 12 months.

He said: "Throughout the year the students have demonstrated that when you try you will achieve, and when you get knocked down you can get up to prove your resilience to defeat.

"Early on in the year on entering the inter club competition Harlow came second, narrowly beaten by Romford TKD.

"This was followed by entry into the south east competition where again Harlow proved we are not just turning up to take part, we want to win and with a large medal haul again was narrowly beaten into second place by Wapping TKD.

Courage

"April saw the first four juniors gain their black belts, all proving to their instructor and to themselves they have the mettle to succeed and the courage to continue forward.

"October again saw three more junior students head to Bristol for their black belt grading and once again I as an instructor had the privilege of watching my younger students nail their grading to a very high standard.

"Also from the October grading

emerged Jason Lockwood as a second dan black belt after two years of gruelling training for fitness and having the ability to recognise that technique rules all.

"November brought the biggest test as Harlow headed for Worcester for the British Championships and with almost two thousand students from all over Europe attending, this was going to be a hard task. But emerging bloodied and bruised Harlow achieved, with Daniel Brighten gaining bronze in the middle-weight sparring, Ian Downes bronze in heavyweight sparring and Michael Perz silver in heavyweight sparring."

Other medal winners were: George Watkinson black belt cadet lightweight gold; Krissy Whiteman gold executive female sparring, silver in green belt patterns and gold tag team sparring; Jordan Whiteman bronze in yellow belt lightweight sparring and silver in yellow belt patterns; Jag Molines bronze black belt tag team sparring.

Sullivan continued: "As the instructor of Harlow I'm very proud of all of my students and everything they have achieved this year, from the five-year-olds grading to the older students representing the club. Next year will bring new ambition and higher goals to all students old and new."

Sullivan trains students at Parndon Sports Club in Southern Way and Leventhorpe School in Sawbridgeworth.



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MUCH TO CELEBRATE: Jason Lockwood (top left) with club chief instructor Mick Sullivan, and the brilliant class of 2014 who have won medals galore over the last 12 months (above)

Flitch in a flash starts New Year in style for runners

MEMBERS of Harlow Running Club finished 2014 in style with several competing in races on New Year's Eve.

Locally, nine runners entered the Flitch Way Marathon, run mostly along the disused railway track near Braintree.

Jared Bethell was the first Harlow runner back, taking fifth place with a time of 3hr 15min

10sec.

The first Harlow woman was Debbie Smith in 98th place in 4:24:17.

Pasquale Pellecchia, running his first marathon in 14 years, clocked 4:05:15 to finish 63rd.

Other times were: Gary Godfrey (43rd) 3:50:40, Janice Page (101st) 4:24:27, Sean Flynn (137th) 4:38:12, Andy Kinney

(216th) 6:01:20, Vicky Calver (222nd) and Claire Stevens (224th).

On the same day at Ely, Jon Steadman ran in the 10K race, finishing in 139th place out of 590 with 45:37.

Meanwhile in snowy Berlin, in the New Year's Eve Pancake Run over 9.9km, Paul Schroder clocked 1:05:34 for 587th place out

of 921 finishers, quickly followed by Wendy Spring in 1:06:24 (606th).

Then on New Year's Day they took part in the untimed 4K run.

Harlow runners were out in force in two local 5K parkruns.

In Harlow, John Bull was the first HRC member to finish in 24:21 (13th), followed by Graham Saville 24:52 (16th), Paul Dixon

24:58 (18th), Spencer Brooks 25:50 (22nd), Alan Cootes 26:51 (27th), Alison Bull 30:43 (45th) and Andy Kinney 57:39 (78th).

At the Gunpowder parkrun in Waltham Abbey, Rob Lowe was second in 18:49, Jamie Jephcott

was fifth in 19:15, Daniel Jephcott ninth in 20:19 and Richard Smith 32nd in 24:32 with 102 finishing the race.

In brief



SUPERB: The Harlow duo

Regional joy for gymnasts

FOURTEEN-year-old twin sisters Halle and Taylah Andrews-Clark shone for Harlow Gymnastics Club at the Eastern Region recreational apparatus final 2014 in Ipswich.

Halle's outstanding performance on vault was rewarded with the bronze medal.

Narrowly missing the medal positions, Taylah placed fourth on floor.

Both girls are students at St Mark's in Harlow.

They qualified for this regional event after excelling at the Essex County Recreational Apparatus Championships, where Halle received the bronze medal for vault and Taylah was awarded bronze medal for floor.

Coach John Lockhart said he was really proud of his gymnasts' achievements.

Running off Xmas excess

SEVERAL Harlow Running Club members ran off the festive excesses by competing in various races between Christmas and the New Year.

At the Harlow parkrun 5K, Jamie Jephcott was victorious, winning the event in an excellent 19min 43sec from 55 finishers.

He was followed home by son Daniel, sixth and first U20 in 20:36.

Also running were Sean Flynn 16th in 23:55, Spencer Brooks 21st in 25:29, Justin Patten 30th in 27:42, Terry Pike 32nd in 28:39 and Pushpa Mistry 42nd in 31:20.

Meanwhile at the Basingstoke parkrun 5K, Richard Solomon finished in 33rd place out of 267 finishers and was first veteran 60 in a superb 21:44.

At the Bangor Parkrun 5K in Northern Ireland, Andy Kinney was 79th out of 192 in 25:08.

At the Tonbridge parkrun 5K in Kent, Alan Wellbelove was 98th out of 165 finishers in a personal best time for the distance of 28:13.

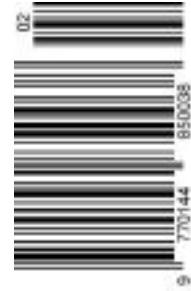
At a very hilly Buntingford ten-mile race, Martin McColgan came home 239th place out of 470 finishers in 1:23:47.

At the Boxing Day five-mile race at Witham, Robin Lozeau was 174th place out of 376 finishers in 38:44.

He was followed by Debbie Barry 226th in 41:48 and Vicky Calver was 376th and in last place in 70:04.

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Twist in the **title** tail as Hawks beat
Abbey

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Tae Kwon Do coach's **delight**
at vintage year

Page 51

PLAY-OFF ACES MAKE RETURN

Duo back in Hawks' nest after Ryman Premier spells

by Alan Scott

alan.scott@hertsessexnews.co.uk

HAWKS boss Danny Chapman has not ruled out more signings – after bringing back striker Leon Antoine and winger Junior Dadson.

The pair, in Saturday's squad for the 3-1 victory against Great Wakering Rovers which sent Harlow Town back to the top of Ryman North, were key elements in the team which reached the play-off final last season.

Antoine was the goalscoring hero at Heybridge Swifts in the play-off semi-final before joining the team that beat Harlow in the final, Witham Town.

He then moved on to Ryman Premier side Enfield Town, but was struggling for games so dropped back down to Ryman North.

But it is the return of Dadson, which will give Hawks fans reason for even more optimism.

He was superb last season, providing much of the ammunition for Read's 50+ goals.

He has returned to The Harlow Arena after spells at AFC Hornchurch and VCD Athletic.

The Harlow boss knows the versatility of Dadson and Antoine will be crucial to Hawks' chances of going up.

"We needed strengthening in a couple of areas. To get them back in is really good. The best thing is we have not changed the team from how we played last year."

Pressure

"They [Dadson and Antoine] know what's required of them."

"Junior can play either left or right wing. Leon is a strong, powerful player. You can put him anywhere and he can do a job."

Chapman knows his squad will feel the pressure with key players Dave Cowley and Billy Jones missing the next three matches



HE'S BACK: Assist king Junior Dadson's return will please striker Alex Read (right). (Inset) striker Leon Antoine

after suspensions because of violent conduct.

Harlow host struggling Burnham Ramblers on Saturday, before tough away trips to Soham Town Rangers and Thurrock in coming weeks.

On more new signings, Chapman said: "Quite possibly there might be one or two more, obviously with Dave Cowley and Billy Jones being suspended for three games each we needed to bring people into that area."

"Smithy [James Smith] should

be back mid-January as well. "There might be one or two more [added] in certain positions just to make sure we have strength in depth going forward."

Meanwhile, midfielder George Ironton has left Harlow to join his father, former Hawks player Nicky Ironton, who has taken over as manager at Southern League Arlesey Town. This is on a dual registration deal.

Centre-half Warren Goodhind (calf) could return against Burnham on Saturday.



Town's bright Christmas delights boss Chapman

Ryman North

Harlow Town	3
Gt Wakering Rovers	1

by Thomas Nancarrow

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THE Hawks were celebrating a great Christmas as Saturday's home win over Great Wakering Rovers ensured a nine-point haul from three festive games.

Harlow Town boss Danny Chapman was delighted with his side's third win in nine days, which put them three points clear at the top, although second-placed Needham Market do have two games in hand.

Goals from the returning Junior Dadson, Robbie Martin and Fabion Simms secured the win over Rovers.

Chapman enthused: "If you look at the festive period we have played three games and collected nine points so that is very, very pleasing."

"I thought the first half was a little bit flat if I am being honest, there was no tempo to the game, and the whole thing felt like both teams had played two games in two days."

"We scored a great goal, our first goal, which I thought was excellent."

"We spoke at half-time that we had to up the tempo and the intensity levels, we needed to play a little bit higher up the pitch and I thought the second half we were completely dominant."

"If I am being honest it could have been five, six or seven overall."

Harlow took the lead in the eighth minute after a flowing move down the right side between Read and Junior Appiah ended, with Appiah's inviting low pass to the back post that was turned in by the composed Martin.

Dominated

Chapman's men were bossing proceedings and could have extended their lead midway through the first half, when right-back Ben Glasgow's deep cross was met by Alex Read whose angled header look to be nestling in the bottom corner before Rovers keeper Adam Seal made a great diving stop.

Seal also made a superb save from Appiah as the hosts dominated.

Chapman sent on new signing Dadson to up the ante after the break. But it was Simms who



MARKSMAN: Hawks striker Alex Read

made it 2-0 on the hour.

He was coolness personified when the ball fell to him on the edge of the box as Rovers half-cleared from a corner. Simms slotted a shot into the bottom right corner to give Harlow the two-goal cushion they deserved.

Chance after chance went begging for Harlow and they were punished in the 77th minute when Rovers handed themselves a lifeline as substitute Tom Strickland went marauding down the left side, dug out a cross and found Jay Nash who converted with a diving header.

That flickering flame of hope for Great Wakering was firmly extinguished by Dadson.

He controlled the ball superbly before volleying into the far bottom corner of the goal to kill the Rovers' resilience and restore a two-goal advantage.

Chapman sent on another new signing, last season's play-off semi-final hero Leon Antoine.

He has rejoined the club from Enfield Town.

The striker almost scored late on as he stuck a leg out after another dangerous Harlow cross, but his goalbound attempt was cleared off the line by Rovers' Lewis Sparrow.

Read had a fierce shot saved in stoppage time by Seal as Harlow controlled the remaining minutes and took all three points.

HARLOW TOWN: Thompson, Glasgow (Norton 85), Eadie, Urquhart, Holloway, Simms, Appiah (Dadson 54), Cowley, Read, Jones (Antoine 64), Martin.

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